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ABSTRACT

This guide was developed to help students in West Virginia learn healthy eating habits and attitudes, primarily by preparing and eating food. The guide suggests activities, recipes and resources to help students: (1) enjoy a variety of nutritious foods; (2) feel competent about trying unfamiliar foods; (3) understand cultural influences on food preferences and eating habits; and (4) appreciate the similarity and diversity of the world's peoples. The guide is divided into eight sections representing major cultural regions of the world: Latin America, Europe, Middle East and North Africa, Africa south of the Sahara, Russia and Eurasia, East and Southeast Asia, South Asia, and Australia and Oceania. Each section presents classroom and nutrition ideas, classroom and cafeteria recipes, and a discussion of the food pyramid. The guide's appendix contains West Virginia state nutrition standards for schools, dietary and food pyramid guidelines, a 92-item bibliography, and a 13-item resource list. (LBT)

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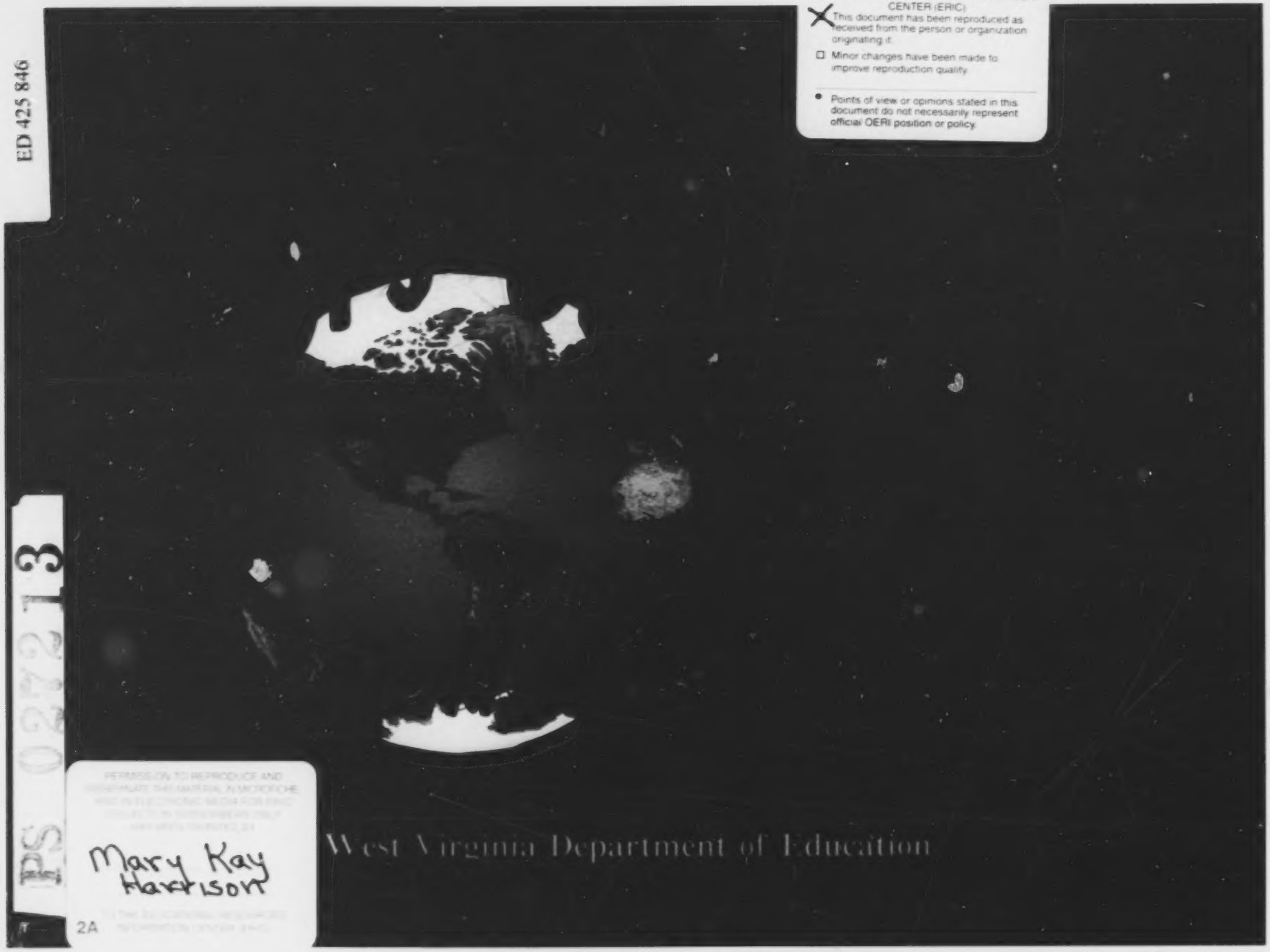

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INTRODUCTION

Foreword

The West Virginia Department of Education developed this resource to help expand students' opportunities to learn healthy eating skills by exploring a variety of foods. As students "visit" cultural regions, they can experience and ENJOY new tastes, see food as an expression of culture, and discover the uniqueness and similarities of the world's people.

Standards for School Nutrition, West Virginia State Board of Education, Policy 4321.1, recognizes the importance of integrating nutrition programs with the total school curriculum. ***LET'S CELEBRATE!*** brings together classrooms, cafeteria, home and community. Learning activities in social studies, family and consumer sciences, geography, computer, language arts, science, foreign language, art and music combine with cafeteria meals and promotions. Suggestions for family and community involvement enhance students' abilities to learn about and practice healthy eating at home and school.

By tapping students' curiosity about food and cultures, ***LET'S CELEBRATE!*** makes the journey toward good eating a positive and exciting experience. Together educators, parents and students are invited to discover a world of healthy food and fun.

Henry Marockie
State Superintendent of Schools

ACKNOWLEDGMENTS

This book was developed by the Office of Child Nutrition, West Virginia Department of Education with assistance from the West Virginia School Food Service Association. It represents a collaboration of many West Virginia educators, school food service personnel and community members. Contributors include:

- Members of the Nutrition Education and Training (NET) Cadre and state Child Nutrition Program staff who developed, compiled and edited classroom and cafeteria ideas and recipes.

- Members of the International Club of the Young Women's Christian Association of Huntington who contributed recipes, reviewed and suggested classroom activities and ideas.

- Members of the food service staffs at Gore Middle School, Bridgeport Middle School, Peterstown Elementary School, James Monroe High School, Fayetteville Elementary School, Pax Elementary School, Rosedale Elementary School, Scarbro Elementary School, Glen Jean Elemenary School and Mount Hope Elementary School, who field-tested cafeteria recipes. Kathy Talley, coordinator in the Office of Child Nutrition, arranged field-testing and analyzed recipes.

Special thanks are extended to Sharon Hibbs, without whom **LET'S CELEBRATE!** may have remained an "exciting idea." Her hours of researching, reviewing and editing brought together this collection. Thanks also to her colleagues at East Dale Elementary School, who searched *The Net*, school library and book stores for resources.

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For more information about West Virginia Child Nutrition Program resources and services, contact the Office of Child Nutrition, West Virginia Department of Education, 1900 Kanawha Boulevard East, Charleston, West Virginia, 25305-0330.

Mary Kay Harrison
Project Director
State Nutrition Education and
Training Program Coordinator

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Let's Celebrate! Contributors

Linda Barnett
Sharon Brisbin
Melinda Clay
Gloria Cunningham
Linda Findley
Anita Hardesty
Sharon Hibbs
Janice Kirk
Sue Lacy
Kathy Loretta
Karen McBride
Rebecca Moore
Debra Morell
Alma Page
Tom Sands
Carmela Sheposh
Denise Shumate
Cindy Stemple
Kathy Talley
Patricia Vannoy
Lee Ann Williams
Kathy Yost
Janet Yost
Robin Zeigler

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PREFACE

LET'S CELEBRATE! was developed as a sequel to **LET'S PARTY**, a nutrition education resource that relates concepts of healthy eating to parties at home and school. Both grew from the belief that learning good eating habits should be fun and exciting. It's hard to imagine a more exciting way to experience nutrition than to ***taste a world of healthy foods!***

LET'S CELEBRATE! applies the axiom, "we learn best by doing." Ideas presented in this book are intended to help students learn eating skills and attitudes primarily ***by preparing and eating food***.

LET'S CELEBRATE! suggests activities, recipes and resources to help students:

- enjoy a variety of nutritious foods;
- feel competent about trying unfamiliar foods;
- understand cultural influences on food preferences and eating habits; and
- appreciate the similarity and diversity of the world's peoples.

This book is divided into eight sections representing major cultural regions of the world. It is important to acknowledge that, although people within these regions are bound by some common cultural, geographic and historical ties, great diversity exists within each. LET'S CELEBRATE! provides only a glimpse at SOME customs and foods of each area. It serves as a starting-point for more extensive travel.

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PREFACE

Some caution signs appear along this journey. Educators must avoid promoting cultural stereotypes by helping students explore similarities and differences. Learning activities should encourage students to distinguish between traditional customs and modern practices, and to appreciate diversity within and among cultures.

Around the world, FOOD is an important expression of culture. Although it takes on many forms and flavors, everywhere food is connected to families, celebrations and health. This common ground, combined with students' curiosity about food and culture, can create excitement and appreciation, while broadening students' experiences with a ***world of healthy foods.***

LET'S BEGIN!

LET'S CELEBRATE! is full of ideas for school, home and other settings. In each of the book's eight cultural region sections, the reader will find the following features. Each section is a collection of ideas, not a comprehensive list. They will serve as a point of departure for a journey through the region--a journey made more successful with student and teacher imagination and research.

Classroom and Nutrition Ideas

Teachers may select from a variety of ideas suggested in these sections. Activities may be integrated into many instructional areas or used as thematic or exploratory units. Ideas relate to subjects across the curriculum, e.g., science, social studies, geography, language arts, math, the arts and more. Since classroom and nutrition ideas represent a wide range of interest and skill levels, teachers should select those most appropriate for individual classes or groups.

Countries of the Region

A listing of some countries found in the region appears at the beginning of each section. Since this information changes often, students or teachers should check current sources for more complete up-to-date listings.

Party Ideas

Parties are a great way to celebrate cultural diversity and introduce new foods. Each regional section offers party themes and ideas. Many suggested classroom and nutrition activities also may add to the party fun. Students may prepare refreshments from recipes appearing in the Classroom Recipes sections. For a school-wide "party," feature a suggested school lunch or breakfast menu from the region.

PARTY IDEAS

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LET'S BEGIN!

Times to Celebrate

A list of some holidays, observances and celebrations is provided for each region. These may be used to schedule classroom or school events, plan instructional units, or provide ideas for further student investigation.

Classroom Recipes

This collection of recipes provides a taste of each region. A search through cookbooks or *Internet* sources will provide many more.

Most recipes are modified from traditional favorites. Some will challenge students with flavors or food combinations that are unfamiliar. For the less adventurous, others offer an ethnic "twist" to more familiar foods.

In addition to expanding students' experiences with foods, these recipes were chosen to promote healthful eating. The collection reflects *West Virginia School Nutrition Standards* and the *1995 Dietary Guidelines for Americans* by encouraging students to:

- Eat a variety of foods;
- Eat plenty of grain foods, vegetables and fruits; and
- Eat moderate amounts of fat, sugar and salt.

Recipes differ widely in difficulty, preparation time, equipment needs, ingredient cost and availability, etc. Many may be prepared by young students in the classroom. Others require kitchen facilities and the skills

LET'S BEGIN!

of more experienced cooks (older students, parents or community volunteers). Care must be taken to select recipes appropriate for the planned setting and learners.

Food Guide Pyramid And Spices of Life

A page in each cultural section displays a pyramid with regional foods listed within groups. Foods are categorized into groups following the USDA Food Guide Pyramid. (See Appendix.) Pyramid information may be used in a variety of ways, some of which are suggested in Classroom Ideas and Nutrition Ideas sections.

Spices of Life, a listing of spices and seasonings characteristic of the region, also appears with the Pyramid. Enjoying foods from many cultures involves discovering some of these new flavors.

Cafeteria Menus And Recipes

Ideas appearing in this section are adapted for use in the school cafeteria. Although clearly not authentic, these menus and recipes offer foods somewhat representative of the region. Recipes use ingredients, equipment and methods available to most school nutrition programs.

In addition to recipes appearing in this book, menus feature recipes from the USDA *Quantity Recipes for School Food Service, 1988* and *A Tool Kit for Healthy School Meals*, 1995. (Note: Recipe numbers appear on cafeteria menu and recipe pages.)

LET'S BEGIN!

Consistent with **LET'S CELEBRATE!** goals, suggested cafeteria menus reflect nutrition guidelines. Menus meet 1992 USDA school meal pattern requirements when served in adequate portions.

Recipes note meal pattern contributions and provide nutrient information based on a computer analysis of ingredients.

LET'S CELEBRATE! provides students, teachers, parents and cafeteria staff a world of opportunities for working together to promote healthy eating and to create excitement about trying new foods.

GLOBAL IDEAS

Some activities in ***LET'S CELEBRATE!*** are unique to a particular culture or region; but these may be adapted for any region.

Classroom Ideas

Consult an encyclopedia and gather other reference materials. (See Selected Bibliography.)

Write to embassies or tourism offices of countries in a region. In addition to general information, ask for material related to dietary recommendations, food policy, and eating habits. (Consult a world almanac or the *Internet* for addresses.)

Make passports. Stamp at the beginning and end of the study, and as a new country is "visited."

Display artwork, dolls, maps, flags, foods, clothing, etc.

Practice speaking conversational words and phrases, or play a tape of the spoken language.

Assign students typical names from a region.

Play music.

Research famous people.

Investigate and commemorate holidays and celebrations.

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HOW ON EARTH???

Tips on getting kids to try new foods

Offer, but don't insist or force.

Serve unfamiliar foods with more familiar ones.

Keep portions small--just a taste.

Create the atmosphere--
It's an ADVENTURE.

Try one new food at a time.

Expect some food waste.

Set an example--try it yourself.

Involve kids in cooking.

Let them learn from each other.

Make it fun.

Keep trying--may take 20 times!

GLOBAL IDEAS

Classroom Ideas

Research and participate in sports, dances, music, games, and recreation.

Read stories and folklore.

Invite a native guest speaker or tape an interview.

Display currency; study the economy.

Display traditional and contemporary clothing.

Exhibit pictures or models of famous landmarks, travel posters, or post-cards.

Research agricultural products.

Create travel brochures or videos.

Study the climate and natural resources.

Have an art show.

Collect stamps.

Check with local libraries for newspapers or magazines published in a region.

Select ten objects representative of a country or cultural region and place them in a bag. Take turns creating a skit using the items.

GLOBAL IDEAS

Classroom Ideas

Design and build mini-floats for a multicultural parade depicting interesting facts, features, landmarks, industry, etc. Using cardboard, clay, paper, or other materials, mount on skateboards, wagons, or a set of wheels.

Surf the *"Net"* for *http* sites that provide information related to: tourism, agriculture, food, recreation, and celebrations.

Toss a ball globe. As a student catches it, call out a country. The student names a food from that region and locates it on the globe. Toss to another student.

Nutrition Ideas

Grow herbs common to a country or region.

Collect and analyze food labels.

Display common and unique cooking and eating utensils (e.g., chopsticks, wok, crepe pan, mortar, pasta machine or tortilla press).

Display posters related to nutrition concepts taught (e.g., dietary guidelines, Food Guide Pyramid, or food labels).

Make placemats depicting regional foods or designs.

Nutrition Ideas

Examine one of the regional Food Guide Pyramids included in ***LET'S CELEBRATE!***.

- What groups have an abundance of food choices?
- What groups have limited selections?
- How would nutrients missing from groups be provided by other groups or combination foods?

Using a blank Food Guide Pyramid and a list of food items for a region, categorize the foods according to the correct group.

Convert some recipes from or to metric measures. Prepare some recipes using metric measures.

Choose one unfamiliar food from a region's Food Guide Pyramid. Write a brief report about it including a description, where it originated, where it is grown, how it is used in a meal, how it is prepared and served, and its nutrient composition. If available, bring a small sample to class for a tasting party.

Plan a day's menu using the region's food pyramid.

Plan a restaurant menu for the region.

Set up an imaginary classroom restaurant.

Create a snack recipe using common food(s) of the region. Do a computer nutrient analysis of the recipe.

GLOBAL IDEAS

Nutrition Ideas

Identify factors that influence each region's food supply.

Study the relationship between eating practices and diet with culture, geography, and religion.

Investigate the roles of children and teens in gathering, growing, and preparing food.

Create a food market displaying pictures, food models, or original drawings.

Create a food chain poster using plants and animals common to a region.

Design a cookbook.

Hold a "cookbook scavenger hunt." Using a collection of cookbooks, have teams locate regional foods or recipes representing specific food groups (e.g., grains, fruits, meats), components of a meal (e.g., main dish, dessert, beverage), or nutrient source (e.g., protein, calcium, vitamin C).

Identify common food preservation methods.

Make a list of simple sugars and complex carbohydrates. Identify countries or regions where these foods are traditional favorites.

Identify animal sources of milk in regions throughout the world. Where milk is not consumed, what other foods provide calcium and protein?

POINT OF DEPARTURE

LET'S CELEBRATE! may lead in many directions, like....

Have a party.

Form a "Culture of the Month" club.

Involve or create a school N.A.C. (Nutrition Advisory Council).

Develop an interdisciplinary unit.

Link with community members or an international club in your area.

Hold a parent or community night.

Have an international health and nutrition fair.

Create an ethnic *classroom restaurant.*

Set up student taste panels.

Hold a cafeteria promotion.

Have an international cooking contest.

Compile an international cookbook.

Share ideas on the *Internet.*

Grow an international garden.

Set up a travel bureau.

Write a newsletter.

Make a friend from a different culture.

Nutrition Ideas

Test for fat in regional foods. Place food items on brown paper towels or colored construction paper and look for "fat marks".

Make a mystery bag, box, or can. Place a regional food in it and have students try to identify it.

Design mobiles with regional foods arranged by Food Guide Pyramid groups.

Outline two body shapes on butcher paper. Glue pictures or drawings of regional foods on one, and typical American foods on the other.

Take a field trip to a specialty food store or specialty section in a grocery store.

Have a "progressive dinner". Begin in one classroom tasting soups (or appetizers) from a region. Go to another classroom for salads or main courses, and on to another for desserts.

Celebrate World Food Day (October 16).

GLOBAL IDEAS

Out of this World

There are several ways to find information on the ***Internet*** by using different search tools such as *Webcrawler*, *Lycos*, or *Yahoo*. Begin with general terms such as food or recipes, and a cultural area or country name, (for example: *food China* or *food Southeast Asia*). If available, use a copy of the *Internet Yellow Pages* to find addresses for specific sites. Usenet newsgroups often have listings, too. Try some of the following:

Recipe Archive
http://www.arion.com/info/recipes.html

Recipe Net
http://www.indi.net/welcome.html

Meal-Master
http://www.primenet.com/wilson/mm/mealmast.html

Recipe Arachive from rec.food.recipes
http://www.cs.cmu.edu/mjw/recipes/

Ridiculously Easy Recipes
http://www.sar.usf.edu/zazuetaa/recipe;.html

US/UK metric conversions
http://www.ijs.si/recipes/conv.html

FAQ - rec.food.cooking
http://www.cs.cmu.eduj/mjw/recipes/cooking/faq

Around the World

For pen pal information write to:

Our Children's Sake
475 Riverside Drive, Suite 828
New York, NY 10115

World Friendship International
3749 Brice Run Rd., Suite A
Randallstown, MD 21133

World Pen Pals
1690 Como Avenue
St. Paul, MN 55108

Ask your pen pal about culture, lifestyle, foods, and diet. For example:

? How often and when are meals eaten?
? Are between meal snacks eaten?
? What are some favorite snack foods?
? What foods are eaten at festivals and celebrations?
? Are meals served at school? What are some common menus?
? Do students study the science of nutrition?
? What are some examples of food preparation equipment?
? Request sample menus (school and restaurant).
? Request food labels.

Out of this World

World Wide Web

URL:http://mach5.eacs.uci.edu/food.html
URL:http://vm.cfsan.fda.gov
URL:http://fscn1.fsci.umn.edu
URL:http://www.delatanet.com:80/2way/egg/eggpage.html
URL:http://www.osf.org:8001/boston-food.html

Usenet Newsgroups

rec.food.drink
rec.food.drink.coffee
rec.food.historic
rec.food.recipes
rec.food.restaurants
rec.food.veg

GLOBAL IDEAS

Cafeteria Ideas

Display flags, artifacts and foods of the region.

Hang banners, mobiles, or student artwork related to the culture.

Display bulletin boards, travel posters, or cultural symbols.

Place table tents or Food Guide Pyramids from the region on the serving line or tables.

Wear costumes representative of the region.

Set tables with thematic placemats (purchased or student artwork).

Have a "Lucky Tray Day" to promote the cultural menu.

Invite guests from the region to help serve and visit with students.

Play recorded music from the culture or feature a "traveling minstrel".

Put menu indicators (country flags, symbols, or food names) on the serving line.

Have singers or dancers perform typical music and dances of the region.

Use authentic eating tools from the culture.

Feature videos from travel agencies on closed circuit TV in the cafeteria.

Visit classrooms to provide information on regional foods.

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Cafeteria Ideas

Assist with classroom tasting parties.

Offer food samples on the line.

Conduct student taste test of regional foods.

Make a scrapbook of cafeteria and school happenings.

Feature contests (trivia, participation, dress, food, etc.)

Invite the media.

Invite local leaders and/or parents.

Take pictures.

Feature events in the school newsletter.

Hold a parent night.

Display a sample meal of the region.

Use garnishes made from regional foods.

Ask local chefs to help develop new recipes and menus.

Decorate take-home menus with symbols of the region.

LATIN AMERICA

Classroom Ideas

Display instruments used in Latin American music, such as maracas and marimbas. Mexican Mariachis use a guitar, violin, and trumpet. Also listen to music of Jamaica, Brazil and Cuba. How do they differ?

Make "homemade" maracas.

Stage a pretend "bullfight".

Create a courtyard (patio) complete with fountain, flowers, blooming plants, and vines.

Design and create Mexican "silver" objects using cardboard and aluminum foil.

Paint a Mayan mural.

Recreate Incan "gold" figures, geometric designed cloth and architecture.

Mold bowls or figures from clay.

Make adobe bricks. Construct a replica village.

Weave baskets from strips of paper.

Design embroidery for a blouse or shirt using Latin American motifs.

Create a colorful yarn covered bowl, mat, mirror, or picture.

Use aluminum pie pans and a nail to create a tin punch design.

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LATIN AMERICA

Antigua & Barbuda
Argentina
Bahamas
Barbados
Belize
Bolivia
Brazil
Chile
Colombia
Costa Rica
Cuba
Dominica
Dominican Republic
Ecuador
El Salvador
French Guiana
Grenada
Guatemala
Guyana
Haiti
Honduras
Jamaica
Mexico
Nicaragua
Panama
Paraguay
Puerto Rico
St. Kitts
St. Lucia
St. Vincent
Suriname
Trinidad & Tobago
Uruguay
Venezuela
Virgin Islands

LATIN AMERICA

Classroom Ideas (Continued)

- Make worry dolls. These tiny dolls are dressed in colorful Latin American clothing. Tradition says if you tell them your worries, place them under your pillow and sleep on them, your worries will be gone.
- Play soccer, the most popular sport in Latin America.
- Set up a Division of Tourism. (Tourism is the leading economic activity in some Latin American countries.) Check passports, design and distribute pamphlets about the region's tourist attractions, and videotape the class activities.

Nutrition Ideas

- Set up an open air market in the classroom. Display fresh fruits and vegetables, baskets, herbs and spices, clothing, bottled water, clay pots, and figures.
- Display spices and herbs Latin Americans enjoy such as: chili peppers, sesame seeds, cilantro, garlic, onions, and cinnamon.
- Blindfold children and have them identify spices by smell.
- Classify various types of peppers. Include the varying degrees of hot peppers - don't taste these! Discuss the proper way to handle hot peppers.

POINTS OF INTEREST

Since the Spanish conquest of Mexico and South America, a series of diverse cuisines has developed in this region. The strong influence of the Aztec, Mayan, and Incan Indians have combined with that of Spain, Africa and the tropics.

***Maize**, or Indian corn, was first discovered in Cuba by Spanish explorers. Hundreds of varieties were cultivated throughout the region. The combination of corn with many varieties of kidney beans formed the foundation of many Latin American diets.*

LATIN AMERICA

Nutrition Ideas (Continued)

Discuss the importance of corn in the Mexican diet, potatoes in many South American's diets, and seafood and tropical fruits in the diet of island and coastal countries. Learn about various ways corn, potatoes, and seafood are prepared.

Have a tasting party with a typical Mexican meal of tortillas, rice, refried beans, tamales, and hot chocolate with a little cinnamon. Many South Americans typically eat thick soups or stews, and drink coffee. Taste potato soup, a chicken, rice, and vegetable stew, or *Feijoada* - the national dish of Brazil. Try a seafood tasting party.

Display and taste a variety of tortillas made from yellow and white corn, and wheat flour. Compare nutrition labels.

Prepare a salsa, chili chocolate sauce, or guacamole. Serve with tortillas.

Make tacos, enchiladas, and tostados. Explain how tortillas are used differently in each.

Taste an avocado, banana, mango, orange, papaya, pineapple, casaba, and prickly pear, or make a tropical fruit salad.

Sample Latin American beverages such as, Mexican hot chocolate (whipped hot chocolate with cinnamon), or Colombian *agua de panela* (brown sugar dissolved in water). Compare the nutritional value of these beverages.

Research why rice and beans are considered "complementary protein" foods.

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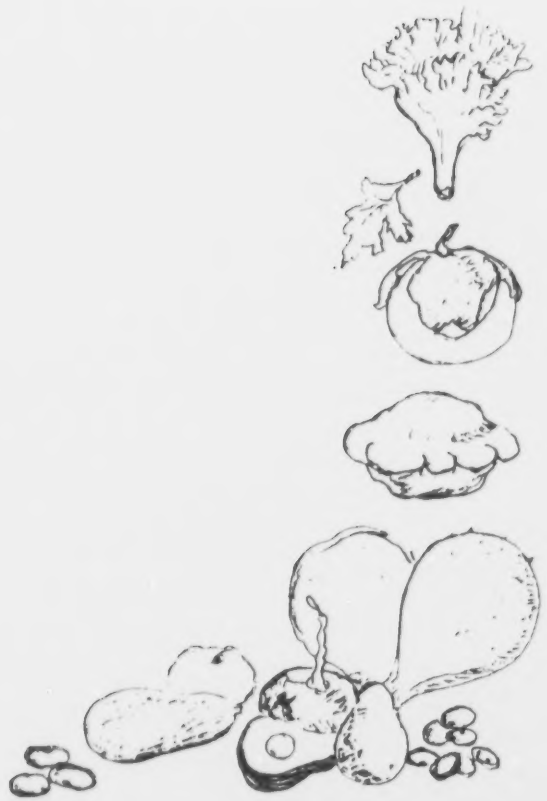
Party Ideas

Latin American Fiesta or Carnival

Create your own Latin American fiesta or Carnival complete with a parade or procession, music and dancing, food, costumes, and art.

* Begin with a parade or procession.
* Wear colorful costumes. If the celebration is Carnival, add feathers, sequins, and other outlandish features.
* Play Latin American music. Have a competition to write the best song as students do in Brazilian samba schools.
* Dance the Mexican hat dance, samba, cha-cha, or rumba.
* Serve Latin American foods as party refreshments.
* Construct a pinata from papier-mache and tissue paper or a decorated paper bag. Fill it with nutritious goodies, pennies, and miniature gifts. Take turns trying to hit the pinata.
* Play an adaptation of *Red Rover*. Students hold hands and form two lines facing each other. One line (Team A) yells, "El Toro, El Toro, we dare Toro over!" One student from the opposite line (Team B) runs and breaks apart the hands of someone in the facing line. If successful "El Toro" chooses a victim to return to Team A. If not, El Toro stays with Team B.
* Play *Jump the Rio Grande*. Using tape or string, place two 4-6 foot lengths parallel to each other on the ground about a foot apart. Students take turns jumping across as the leader gradually widens the jumping area.
* Play *Pin the Tail on the Donkey*.



Classroom Recipe

Arroz Con Pollo
(Costa Rican Chicken and Rice)

2 cups chicken, skinned, cooked and chopped
2 medium onions, chopped
1 ½ cups green pepper, chopped
3 garlic cloves, minced
1 tablespoon vegetable oil
2 14-ounce cans chicken broth
2 bay leaves
1 tablespoon sweet paprika (Hungarian)
½ teaspoon salt
1/4 teaspoon pepper
1 ½ cups uncooked rice (brown or white)

1. In a Dutch oven over medium heat saute onion, pepper and garlic in oil until tender.

2. Add broth, seasonings and rice; cook about 8 minutes until half the liquid is absorbed. Remove the bay leaves and add chicken.

3. Cover and bake at 325 F for 15 minutes or until liquid is almost all absorbed and rice is tender.

Makes 6-8 servings.

LATIN AMERICA

Classroom Recipe

Black Bean Dip

2 cups cooked or canned black beans, mashed
1 cup grated jalapeno jack cheese
2 cloves garlic, minced
4 green onions, minced
2 teaspoon cumin
tortilla chips

1. Heat all ingredients over low heat until cheese melts, stirring often.

2. Serve dip warm with tortilla chips and salsa.

Times to Celebrate

- ★ September 15-16 - Mexican Independence Day.
- ★ October 12 - Children's Day in Brazil
- ★ October 31-November 2 - *Los Dias de Los Muertos* (The Days of the Dead)
- ★ December 16-24 - *Las Posadas* (Mary and Joseph's Search for Shelter)
- ★ January - Haitian Independence Day
- ★ February/March - Carnival (Four days prior to Lent) February 11, 1997; February 24, 1998; February 16, 1999; and March 7, 2000
- ★ May 5 - *Cinco de Mayo*
- ★ August (First Monday) - *Whai Oh!* Jamaican Independence Day
- ★ August 16 - Children's Day in Uruguay

Peru

Classroom Recipe

Frijoles Negros
(Cuban Black Beans)

2 tablespoons oil
1/3 cup onions, chopped
2 cloves garlic, minced
1 green pepper, chopped
1 teaspoon ground cumin
½ teaspoon dried oregano
2 1-pound cans black beans
8 cups cooked rice
orange slices

1. Heat oil in skillet; add onions, garlic and green pepper. Cook until tender.
2. Add beans, cumin and oregano; simmer covered for 5 minutes.
3. Serve over hot rice; garnish with orange slices.

Makes 16 servings.

LATIN AMERICA

Classroom Recipe

Gazpacho
(Mexican Soup)

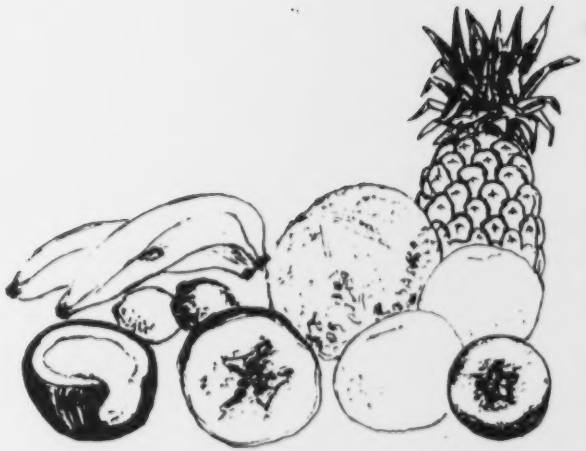
1 cup cucumber, chopped and peeled
½ cup green pepper, chopped
2 tablespoon onion, chopped
1 tablespoon jalapeno pepper, seeded and chopped
1/4 teaspoon dried oregano
1/4 teaspoon hot sauce
1 clove garlic, chopped
1 14-ounce can whole tomatoes (low salt), undrained
3/4 cup water

1. Place all ingredients in a blender and puree.
2. Refrigerate mixture in a covered bowl for several hours.
3. Serve cold!

Makes 8 ½-cup servings.

POINTS OF INTEREST

Hot peppers and some fruits commonly used in some Latin American cuisines require careful handling. Their oils can burn the skin and make eyes sting. To prepare chilies, rinse, pull out stems and remove seeds. Soaking them for an hour in cold, salted water makes them less hot. Consider wearing rubber gloves when cleaning mangoes and papaya.



Classroom Recipe

Mexican Hot Chocolate

6 cups milk
½ cup sugar
3 squares (3 ounce) unsweetened chocolate
1 teaspoon ground cinnamon
1/4 teaspoon salt
2 eggs, beaten
2 teaspoons vanilla

1. Combine milk, sugar, chocolate, cinnamon and salt in a saucepan. Heat and stir over medium heat until <u>almost</u> boiling.

2. Gradually stir about a cup of the hot mixture <u>into</u> eggs, return to saucepan.

3. Cook 3 minutes longer. Remove from heat.

4. Add vanilla; beat with a rotary beater until frothy.

Makes 8 6-ounce servings.

LATIN AMERICA

Classroom Recipe

Orange Delights

24 oranges
32 ounces vanilla or plain yogurt
12 straws, cut in halves

1. Cut a thin slice of peel from the bottom of each orange so it will not roll.
2. Slice off the top 1/3 of each orange.
3. Scoop out the inside of the orange, remove seeds.
4. Place orange pulp and juice into the blender. Add yogurt and blend well.
5. Pour into oranges.
6. Cut a small hole into "lid" and insert straw.

Makes 24 servings.

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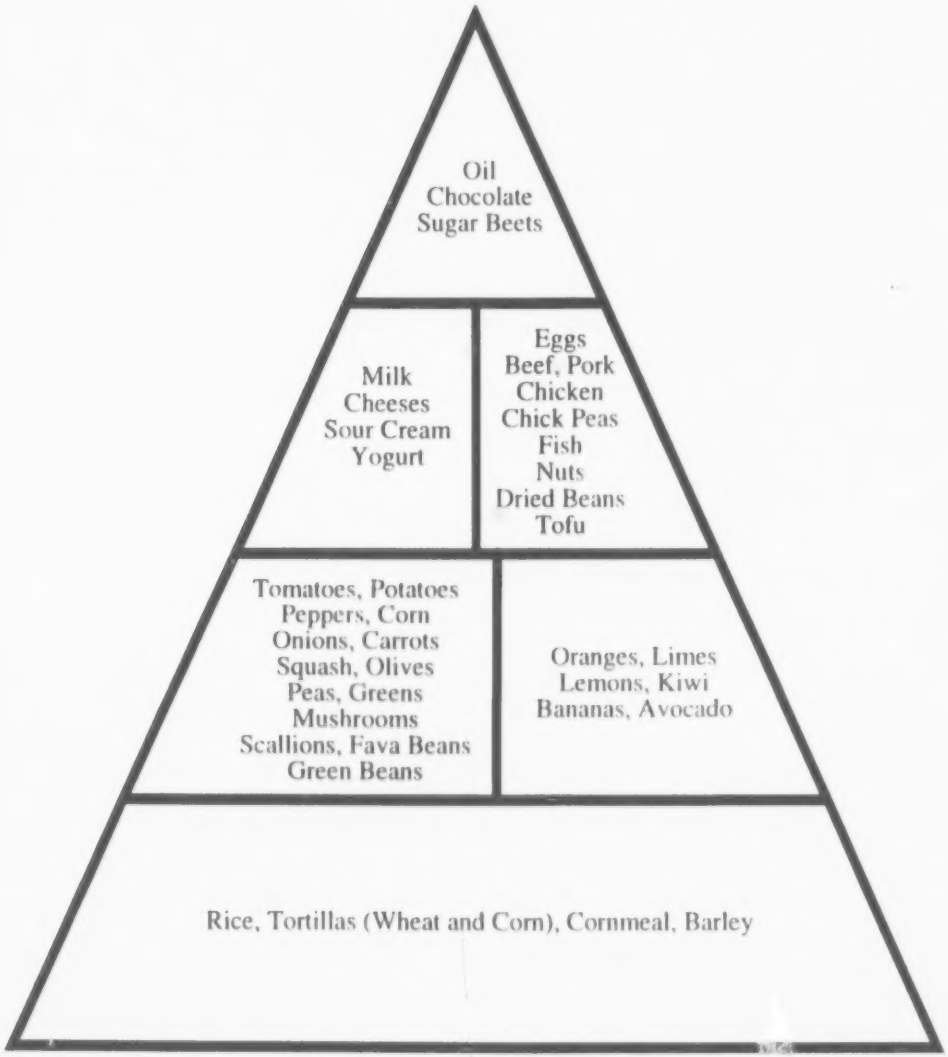
LATIN AMERICA

SPICES OF LIFE

Oregano
Cilantro
Cinnamon
Chilies
Parsley
Pepper
Cumin Seeds
Cloves
Vanilla
Coriander
Annatto
Seeds
Sesame Seeds



LATIN AMERICA

Cafeteria Recipe

Chicken n' Cheese *Quesadillas*

Ingredients	Amounts
8" flour tortillas	100
Lowfat cheddar cheese, shredded	6 lbs, 4oz
Chicken, skinless, diced, cooked	12 lbs, 8 oz
Mild green chilies, chopped	2 cups, 2 Tbsp
Melted margarine	2 cups, 2 Tbsp
Salsa	12 lbs, 8 oz

Directions

1. Place tortilla on lightly greased sheet pan. Sprinkle with 2 oz chicken, 1 oz cheese, and top with green chilies. Brush lightly with melted margarine.
2. Fold or roll tortilla over filling.
3. Bake at 350 F just until cheese melts and tortilla is slightly toasted. Serve each with 2 Tbsp salsa.

Yield: 100 servings

Meal pattern: 1 tortilla provides 3 oz serving meat/meat alternate and 1 serving grains/breads

Nutritional Analysis: *400 calories, 26.78g protein, 36.64g carbohydrate, 15.8g fat, 4.8g saturated fat, 1021 mg sodium, 191RE vitamin A, 5.5mg vitamin C, 235mg calcium, 2.82mg iron, 2.02g fiber*

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CAFETERIA MENUS

Mexican Lunch

Chicken n' Cheese *Quesadillas*
Ejotes con Lemon (Lemon Green Beans)
* Spanish Rice
Fresh Oranges and Bananas
Mexican Chocolate Pudding

Brazilian Lunch

Black Bean Soup w/Cheese
Sliced Tomato and Pepper Strips
Laranjas (Orange Salad)
Fiesta Cornbread

Mexican Breakfast

* Breakfast Burrito w/Salsa
Pineapple Tidbits
or
Orange Juice

Regional Lunch

Cuban Chicken n' Rice
Haitian Mixed Vegetables
Pineapple or Orange Wedges
Cinnamon Muffins

Milk choices offered in each menu

*** USDA School Recipes**

Spanish Rice B-17
Breakfast Burrito J-2

Mexico

Cafeteria Recipe

Ejotes Con Lemon
(Lemon Green Beans)

Ingredients	Amounts
Green beans, canned	5 No. 10 cans
Lemon juice	1 cup
Parsley flakes	3 Tbsp

Directions

1. Heat green beans until hot. Do not over cook.
2. Add lemon juice and parsley.
3. Pour into serving pans.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving vegetable

Nutritional Analysis: *17 calories, 1g protein, 4g carbohydrate, 0g fat, 0g saturated fat, 214mg sodium, 305 IU vitamin A, 4.7mg vitamin C, 22.4mg calcium, .77mg iron, 1.6g fiber*

LATIN AMERICA

Cafeteria Recipe

Mexican Chocolate Pudding

Ingredients	Amounts
Chocolate pudding	4 No. 10 cans
Cinnamon	2 cups
Grated orange rind	2 Tbsp
Vanilla	½ cup

Directions

1. Mix ingredients well.
2. Serve chilled.

Yield: 100 servings

Nutritional Analysis: *168 calories, 3.3g protein, 30g carbohydrate, 4.9g fat, .8g saturated fat, 157mg sodium, 3 RE vitamin A, 3mg vitamin C, 137mg calcium, 1.5mg iron, 1.2g fiber*

Cafeteria Recipe

Black Bean Soup with Cheese

Ingredients	Amounts
Dried black beans	5 qt (10 lb AP)
Water	6 gal
Onion, diced	3 qt
Celery, diced	6 cups
Salt	3 Tbsp
Black pepper	2 Tbsp
Dry mustard	2 tsp
Cayenne pepper	2 tsp
Chicken soup base	1 cup
Low fat cheddar cheese	6 lbs

Directions

1. Place black beans in a colander and rinse. Cover with water, and allow to soak overnight at room tempature.
2. Add onion, celery, chicken base, and simmer with beans for 3-4 hours until the beans are tender.
3. Add the remaining ingredients to the soup.
4. If necessary, add water to make 3 gallons.
5. Serve with 1 oz shredded cheese.

Note: The proper consistency of Black Bean Soup is slightly thinner than green split pea soup. If soup appears watery, stir vigorously with a wire wisk to mash some beans. This will thicken the soup.

Yield: 90 servings

Meal pattern: ½ cup beans and 1 oz cheese provide 2 oz serving meat/meat alternate

Nutritional Analysis: *194 calories, 14g protein, 25g carbohydrate, 4.5g fat, 2.5g saturated fat, 634mg sodium, 233 IU vitamin A, 1.7mg vitamin C, 222mg calcium, 2mg iron, 8g fiber*

LATIN AMERICA

Cafeteria Recipe

Laranjas
(Orange Salad)

Ingredients	**Amounts**
Oranges, peeled and pith removed	100
Granulated sugar	4 cups
Pepper	To taste

Directions

1. Cut oranges into slices with serrated-edge knife.
2. Line a sheet pan with a baking liner.
3. Arrange orange slices, slightly overlapping.
4. Sprinkle with sugar and pepper.
5. Cover and refrigerate until served.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving fruit

Nutritional Analysis: *84 calories, 1g protein, 22g carbohydrate, 0g fat, 0g saturated fat, 0mg sodium, 235 IU vitamin A, 61mg vitamin C, 46mg calcium, .12mg iron, 2.75g fiber*

Cafeteria Recipe

Fiesta Cornbread

Ingredients	Amounts
USDA Recipe B-9 Cornbread	(for 100 servings)
Green chili peppers, chopped	1 cup

Directions

1. Follow recipe, adding green chili peppers to batter.

Yield: 100 servings

Meal pattern: 1 piece provides 1 serving grains/breads

Nutritional Analysis: *105 calories, 2.7g protein, 17.5g carbohydrate, 2.7g fat, .4g saturated fat, 122mg sodium, 76 IU vitamin A, 7mg vitamin C, 4mg calcium, .8mg iron, .9g fiber*

LATIN AMERICA

Cafeteria Recipe

Cuban Chicken 'n' Rice

Ingredients	Amounts
Margarine	1 lb
All purpose flour	1 lb
Salt	1/4 cup
Reconstituted nonfat dry milk	2 gal
Cooked chicken, chopped	12 lbs, 8 oz
Chopped celery	3 cups
Chopped onions	1 lb
Raisins	4 cups
Green peppers, chopped	4 cups
Pepper	1 Tbsp
Rice, cooked	50 cups

Directions

1. Melt margarine; blend in flour and salt. Stir in milk. Cook and stir constantly until thickened.
2. Add chicken and remaining ingredients, except rice. Heat until hot.
3. Prepare rice.
4. Serve chicken over rice.

Yield: 100 servings

Meal pattern: ½ cup chicken provides 2 oz serving of meat/meat alternate; ½ cup rice provides 1 serving of grains/breads

Nutritional Analysis: *291 calories, 21g protein, 33.3g carbohydrate, 7.8g fat, 3.3g saturated fat, 405mg sodium, 197 IU vitamin A, 4.3mg vitamin C, 22.7mg calcium, 2.2mg iron, 9g fiber*

POINTS OF INTEREST

*The **tortilla** is the common bread of countries throughout the region. Since corn does not rise and act like the bread flours of Europe, Latin American natives patted cornmeal into flat, unleavened cakes and baked them.*

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Cafeteria Recipe

Haitian Mixed Vegetables

Ingredients	Amounts
Vegetable oil	2/3 cup
Onion, sliced	1 lb
Garlic powder	1 Tbsp
Yellow squash,chopped	4 lbs
Zucchini, chopped	4 lbs
Green peppers, strips	4 lbs
Tomatoes, canned, diced	12 lbs (2 No. 10 cans)
Cilantro, dried	1 Tbsp
Salt	1 Tbsp
Pepper	1 Tbsp

Directions

1. Heat oil. Add onion and garlic.
2. Add squash and zucchini. Saute until vegetables are crisp-tender.
3. Add tomatoes and remaining ingredients.
4. Simmer until hot. Do not overcook.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving vegetable

Nutritional Analysis: *41 calories, 1.14g protein, 6.6g carbohydrate, 1.6g fat, .2g saturated fat, 197mg sodium, 550 IU vitamin A, 29mg vitamin C, 25mg calcium, .6mg iron, 1.2g fiber*

LATIN AMERICA

Cafeteria Recipe

Cinnamon Muffins

Ingredients	Amounts
USDA Recipe B-12 Muffins	(for 100 servings)
Cinnamon	1 cup

Directions

1. Follow recipe directions for batter.
2. Add cinnamon to prepared batter.
3. Bake according to directions.

Yield: 100 servings

Meal pattern: 1 piece provides 1 serving grains/breads

Nutritional Analysis: *126 calories, 2.5g protein, 21.2g carbohydrate, 4g fat, 6g saturated fat, 178mg sodium, 5 IU vitamin A, .7mg vitamin C, 33mg calcium, 1.7mg iron, 1.8g fiber*

EUROPE

Classroom Ideas

Collect and display pictures of famous European artists. Create the "Louvre" museum.

Choose an artist and create copies of his/her style. Display finished pictures with a print of the original work.

Read a Roman or Greek myth.

Make a salt dough or clay sculpture of a Greek or Roman god, goddess, or mythical creature.

Discuss the feudal system. Design a shield with pictures representative of the bearer. (Example: horse - for those who ride, book - for someone who likes reading, basketball - for an athlete, etc.).

Make a feudal castle. Use Legos, sugar cubes, boxes, miniature figures, etc.

Study Gothic, Roman, and Norman architectural styles. Using paper shapes, design a cathedral.

Have a "Long-haired Music Festival". Study Beethoven, Mozart, Leitz, Wagner, etc. Try impersonating an artist. Invite musicians to the festival.

Celebrate Jacob Grimm's birthday (January 4, 1785). Dress as a favorite folktale character. Tell, write, or dramatize folktales.

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EUROPE

Albania
Andorra
Austria
Belgium
Bosnia - Herzegovina
Bulgaria
Croatia
Czech Republic
Denmark
Finland
France
Germany
Greece
Hungary
Iceland
Ireland
Italy
Liechtenstein
Luxembourg
Malta
Monaco
Netherlands
Norway
Poland
Portugal
Romania
San Marino
Slovak Republic
Slovenia
Spain
Sweden
Switzerland
United Kingdom
Vatican City
Yugoslavia

POINTS OF INTEREST

The birthplace of Western Civilization, Europe has many ethnic groups and famous cuisines. Scandinavian fish, French sauces, Italian pastas, and German ***saurbrautens*** *contribute to the unique and proud cooking traditions of this region. European cuisines have influenced cooking around the world. Many popular American foods are adaptations of classic European dishes.*

Classroom Ideas

- Listen to an aria from an opera or the entire opera of *Hansel and Gretel* or *Peter and the Wolf*.
- Investigate European cathedrals and churches. Use colored tissue paper or cellophane and black construction paper to make a stained glass window.
- Study European furniture styles. Examine furniture ads and find pictures of European influenced styles.
- Play *Soccer Math*. Choose two teams. Draw a soccer field. Use flash cards to advance the ball and score.
- Display and compare glassware from Europe and the United States (particularly glass producing states such as West Virginia).
- Research collector items from Europe (Hummel figurines, David Winter cottages, Limoges, steins, nutcrackers, etc.).
- Research a European country and design a travel poster, pamphlet, or travel quip for a class newsletter.
- Make a birdfeeder of sunflower seeds pressed into an apple and hang from a tree.
- Learn some folk dances of Eastern Europe.

EUROPE

Nutrition Ideas

Set up a European market using meats, fruits, and cheeses. (May use food models or pictures.)

Have a tasting party of typical European fruits and vegetables or cheeses.

Sample a *European Bread Basket*. Try croissants, English muffins, soda bread, popovers, croutons, pitas, bread sticks, pumpernickel bread, etc. Research nutrients in the bread group. How do various breads differ in nutrients?

Make braided bread using frozen bread dough. Search recipe books for the names of various braided breads and their countries of origin.

Research the roles of various types of bread in holidays and celebrations. For example, hot cross buns or Greek egg bread.

Draw a *Venn* diagram comparing food products from northern and southern Europe. Using a blank Food Guide Pyramid, write in the foods identified in the intersection of the diagram (foods common to both regions).

Taste a variety of foods common to Europe. Classify according to the Food Guide Pyramid groups.

Use nutrient comparison cards or food labels to compare cheeses of Europe (e.g., feta, gouda, Swiss). Identify differences in fat and calcium levels.

Party Ideas

England - High Tea at Ascot

- Decorate and wear hats in the tradition of Ascot.
- Learn about manners and etiquette. Invite senior citizens to the party.
- Sample a variety of teas.
- Make and serve scones, English popovers, or tiny tea sandwiches.
- Play an adaptation of tag called *The Fox Hunt*. The fox is "It".
- Play croquet.
- Sing *Lavender's Blue* or other English songs.

POINTS OF INTEREST

Smorgasbord *is an assortment of cold and hot foods placed on a large table for self-service. Swedes often eat foods in a certain order -- cold fish dishes, cold meats, then hot dishes, followed by desserts. Desserts include cheese, fresh fruits, fruit salad and pastries.*

Nutrition Ideas

- Make pretzels or scones and serve as a snack.
- Prepare a variety of low-fat sausages. Compare food label ingredient lists and nutrition information.
- Using Scandanavian foods and the Food Guide Pyramid, plan a menu and prepare a food from each pyramid group. Serve *smorgasbord* style.
- Purchase or make a variety of pasta shapes. Display and label with name and country of origin. Make a tasting party of pastas. Serve with sauces typical of European regions.

EUROPE

Classroom Recipe

Applekaka
(Swedish Apple Cake)

½ cup butter or margarine
3 cups fine dry bread crumbs
3 tablespoons sugar
1 ½ teaspoons cinnamon
1 ½ cups applesauce

1. Melt butter or margarine in a saucepan over medium heat; add bread crumbs, sugar and cinnamon.
2. Stir bread crumb mixture until lightly browned.
3. Spray a round one-quart baking dish with non-stick coating (or grease). Cover bottom with one cup of bread crumb mixture.
4. Top with about 3/4 cup applesauce.
5. Repeat, alternating layers of bread crumbs and applesauce until all are used. (End with bread crumbs.)
6. Bake at 375 F for 25 minutes. Cool to room temperature and serve.

Makes 6 servings.

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Party Ideas

Germany - Germanfest

* Use milk cartons, construction paper, and other art supplies to create a German village.
* Learn a German folk dance.
* Invite an Oom-pah-pah band to class or listen to recorded music.
* Dress in traditional German clothing. Girls wear dirndl dresses and head bands, boys wear shorts with a vest or suspenders, knee socks, and a homemade hat with a feather.
* Celebrate the German folk art of paper cutting called *Scherinschnitte*. Make snowflakes.
* Make and serve pretzels and lemonade or spritzer.
* Construct a nutcracker from a potato chip can. Read the story "The Nutcracker."
* Construct a *Schul Tueten* (school cone), a traditon dating back more than 100 years. Given to first graders on the first day of school to sweeten the school year, it is filled with candies, chocolate, toys, and items needed for school.

POINTS OF INTEREST

Italians have been eating pasta for centuries. Made from simple ingredients, pasta is formed into a wide range of shapes with descriptive names like these.

capelli d' angelo *(angel's hair)*
agnolotto *(little fat lambs)*
farfalle *(butterflies)*
mostaccioli regato *(little grooved mustaches)*
lingue dipassero *(sparrows' tongues)*
vermicelli *(little worms)*
conchiglie *(conch shells)*

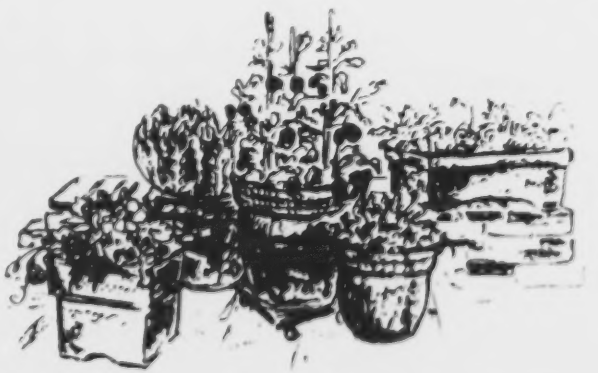
Classroom Recipe

Athena's Spinach Salad

1 bunch spinach
½ cucumber, skinned, thinly sliced
cherry tomatoes
6 black olives, sliced
2 ounces feta cheese, crumbled
3 tablespoons sunflower seeds
dressing

1. Rinse, drain, and pat spinach leaves dry, tear into a large bowl or platter.
2. Top with remaining ingredients.
3. Serve with a vinaigrette dressing made with olive oil.

Makes 4 servings.



EUROPE

Classroom Recipe

Bell Pepper Penne

1 cup onions, chopped
2 red bell peppers, cut into thin strips
2 yellow bell peppers, cut into thin strips
2 green bell peppers, cut into thin strips
3 tablespoons olive oil
2 garlic cloves, minced
3 fresh tomatoes, chopped
1 teaspoon dried basil (2 tablespoons fresh)
1 pound penne pasta, cooked
2 tablespoons Parmesan cheese

1. In electric frypan or skillet, saute onion, garlic and peppers in olive oil for 3 to 5 minutes until softened.
2. Add tomatoes and basil. Cook 5 minutes more.
3. Serve over hot penne pasta.
4. Sprinkle with Parmesan cheese.

Makes 6 servings.

Party Ideas

Greece - Olympics

* Decorate the classroom like an Olympic stadium. Create stations where students earn medals as they compete in academic and athletic activities.
* Create and perform an opening ceremony.
* Keep a personal food journal for two days. Classify foods into food groups to earn medals.
* Learn the Greek alphabet. Shape letters from bread dough.
* Learn a Greek sailor dance.
* Run or walk a "marathon".
* Weave and laminate a construction paper rug or placemat for a tasting party.
* Serve dried fruit, pita bread, feta cheese, olives, and grape juice.
* Design an Olympic crown from paper laurel leaves.
* Conduct closing ceremonies with awards presentations.

France

POINTS OF INTEREST

Usually considered French, crepes are eaten throughout the world. In Italy, these "thin pancakes", called ***crespoline*** *or* ***manicotti****, are wrapped around cheese and spinach fillings and topped with tomato sauce. In Sweden, they are called* ***plattar*** *and served as dessert with fresh fruit or preserves. Russian crepes, call* ***blinchiki****, are topped with sour cream and served as appetizers.*

Classroom Recipe

Crepes

1 ½ cups milk
1 cup all-purpose flour
2 eggs
1 tablespoon cooking oil

1. In a bowl combine milk, oil, flour and eggs. Beat with a rotary or hand mixer until well blended.
2. Heat a six-inch lightly greased skillet or crepe pan. Spoon in 2 tablespoons of batter and tilt skillet to spread batter.
3. Return to heat; cook on one side until edge begins to brown. Invert crepe onto paper towel or plate.
4. Repeat with remaining batter.
5. Fold around fruit (pineapple, cherries, strawberries, etc.) for dessert; or as a main dish serve with creamed chicken or vegetable mixture.

Makes 18 servings.

EUROPE

Classroom Recipe

Fruity *Frullato*

6 ice cubes
2 cups milk
1 cup sliced peaches
1 cup apricot halves
1 tablespoon sugar

1. Crush ice in blender.
2. Add remaining ingredients, and process on high speed until smooth and foamy.

Makes 4 servings.

Party Ideas

Italy - Palazzo Party

* Create an outdoor restaurant in the classroom. Use red and white tablecloths.
* Play *Boccie*, a game similar to bowling.
* Make and play a fraction game using pizza shapes.
* Design an Italian sports car. Trace the route of the Italian *Grand Prix* on a map of Italy.
* Dance the Tarantella.
* Learn to count to ten in Italian, then play *Uno, Duo, Tre*, a game similar to *Rock, Paper, Scissors*. On the count of three, two students hold out any amount of fingers on one hand and shout a number from 1-10. The number of fingers shown are added together. Anyone who guessed that amount wins a point.
* Play *Crack a Noodle* game. Make up nutrition or cultural questions and write them on small strips of paper. Place these inside uncooked rigatoni or large pasta shells. Take turns cracking the noodle and answering the questions.
* Have a pasta or antipasta and bread stick tasting party.
* Prepare an Italian dessert such as Italian Ice, Fruity Frullato, or Zuppa.

Greece

POINTS OF INTEREST

*In Italy, vendors sell delicious ice cream (**gelato**) in the marketplace. Ice cream, as we know it today, was "invented" by a French chef. It is said that Thomas Jefferson brought this recipe to the United States after a visit to France. He shared it with Dolly Madison, who turned it into a popular American treat.*

Classroom Recipe

Grape Spritzer

1 46-ounce can grape juice or 1 12-ounce can frozen concentrate
1 48-ounce bottle club soda, chilled

1. Prepare frozen juice according to package directions.
2. Fill 24 paper cups half full of juice.
3. Add club soda to each glass just before serving.

Makes 24 1/2-cup servings.

EUROPE

Classroom Recipe

Greek Bean Spread

1 1-pound can white beans (cannellini or navy), drained
2 tablespoons olive oil
1 3/4 cup yellow onions, chopped
6 garlic cloves, minced
1 teaspoon dried oregano
½ teaspoon dried thyme
1 tablespoon lemon juice
3 tablespoons low-fat sour cream
salt to taste
pita bread or chips

1. Mash beans with a fork.

2. Saute onions and garlic in olive oil until tender.

3. Add beans, oregano and thyme to onion and garlic. Cook and stir over very low heat for 5 minutes. Cool.

4. In a blender, combine bean mixture, sour cream and lemon juice. Blend until slightly smooth.

5. Serve as spread on pita chips or toasted pita rounds cut in wedges.

Make 3 cups.

Times to Celebrate

★ October - Germany's Octoberfest

★ December 6 - St. Nicholas Day, Finland's Independence Day

★ December 13 - St. Lucia Day (Sweden)

★ February/March - Carnival or Mardi Gras known as
- Fasching in Germany
- Zapusty in Poland
- Farsang in Hungary

★ March 1 - Greece Celebrates Spring

★ March 17 - St. Patrick's Day (Ireland)

★ March 25 - Greek Independence Day

★ June 1 - Children's Day (Poland and Germany)

★ July 14 - Bastille Day (France)

Hungary

Classroom Recipe

Italian *Granite*
(Fruit Flavored Ice)

1 cup water
½ cup sugar
2 cups fresh ripe strawberries
2 tablespoons lemon juice

1. Bring water to boil, stir in sugar,; boil exactly 5 minutes.
2. Remove from heat and cool to room temperature.
3. Puree fruit in blender; stir into cooled sugar mixture and pour into ice cube tray.
4. Freeze until solid and crush in blender.

Makes 5 ½-cup servings.

EUROPE

Classroom Recipe

Lemonade

5 lemons
4 cups water
½ cup sugar
ice cubes

1. Cut one lemon into slices.
2. Squeeze juice from remaining lemons by hand or using a juicer.
3. Combine water, juice and sugar in a pitcher, stirring until sugar is dissolved.
4. Garnish with lemon slices. Add ice and serve.

Makes 10 ½-cup servings.

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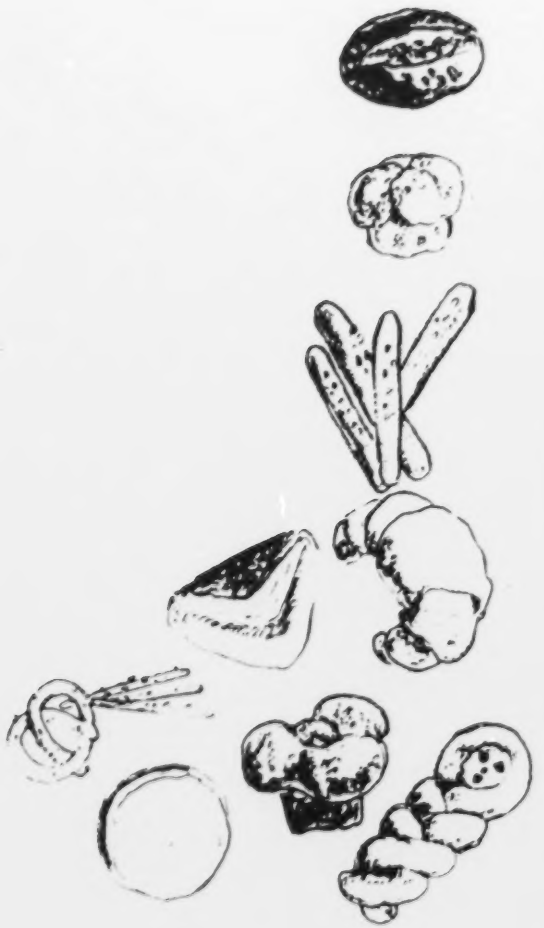


Classroom Recipe

Lira Rounds

1 teaspoon margarine
2 tablespoons water
2 small zucchini
salt and pepper, to taste
2 teaspoons grated Parmesan cheese

1. Cut zucchini into rounds about 1/4 inch thick .
2. Place margarine, water, and zucchini into pan or skillet.
3. Sprinkle with salt and pepper.
4. Stir and cook until tender, about 5 minutes.
5. Sprinkle with cheese and serve.

Makes 2 or 3 servings.

EUROPE

Classroom Recipe

Pretzels

24 frozen bread dough rolls
margarine
cooking spray
2 beaten eggs
coarse salt (optional)

1. Thaw frozen bread dough rolls according to package directions. Let rise until about doubled.

2. Shape dough by rolling into long "ropes". Form pretzel "knots" or other designs.

3. Place on a baking sheet prepared with cooking spray. Space pretzels about 2 inches apart.

4. Brush with beaten egg. Sprinkle sparingly with salt, if desired. Let rise 30 minutes.

5. Bake at 425 F for 10 to 12 minutes.

Makes 24 pretzels.

POINTS OF INTEREST

In the northern British Isles, the Celtics commemorated each potato harvest with the festival of ***Lugnasia****. A potato and cabbage dish, call* ***colcannon****, was served to appease the spirits of agriculture, thus protecting the crops and preventing famine and hunger. After the first bite of* ***colcannon****, family members would shout together, "Death to the Red Hag" (hunger).* ***Rumpledethumps*** *is a* ***colcannon*** *made from broccoli and cheese.*

Classroom Recipe

Rumpledethumps
(Potato Casserole)

5 large potatoes
2 ½ cups cabbage, chopped
4 green onions, chopped
2 cups broccoli, chopped
4 tablespoons margarine, melted
1 teaspoon salt
dash pepper
3/4 cup low-fat milk
1 cup grated low fat cheese

1. Cook potatoes in salted water until tender.
2. Steam cabbage, onions and broccoli just until tender.
3. Mash or whip potatoes with 2 tablespoons of margarine, milk, salt and pepper. Stir in steamed vegetables.
4. Spread into a 9 x 13 - inch baking pan that has been prepared with non-stick spray. Top with remaining melted margarine and grated cheese.
5. Put under broiler until golden brown and bubbly.

Makes 6 servings.

Note: *For a quick version use instant mashed potatoes prepared according to directions.*

EUROPE

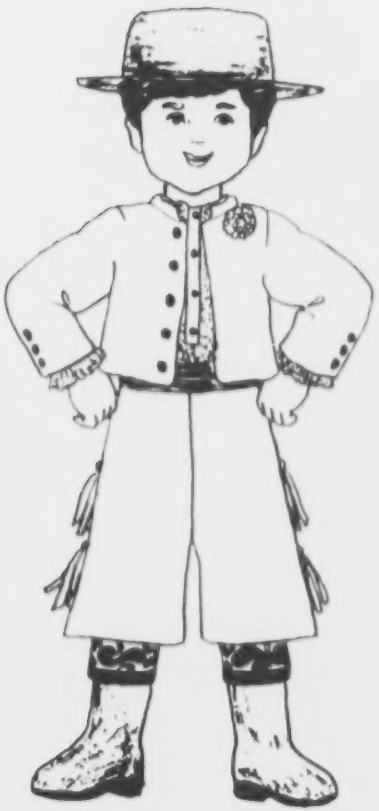
Classroom Recipe

Scones

2 cups flour
3 tablespoons sugar
2 teaspoons baking powder
½ teaspoons baking soda
1/4 teaspoons salt
1/4 cup chilled margarine
1/3 lowfat milk
Lowfat cooking spray

1. Preheat oven to 400 F.
2. Place flour, sugar, baking powder, baking soda, and salt in a medium mixing bowl.
3. Use a pastry blender or blend in margarine with plastic-gloved hand.
4. Mix in milk and stir just until moistened. (Dough will be a little sticky.)
5. Spray a baking sheet with cooking spray.
6. Place dough on baking sheet forming a large circle.
7. Score by cutting 6 lines across the circle about 3/4 through the dough.
8. Bake 15 to 20 minutes or until the scones are golden brown.

Makes 6 scones or, for smaller portions, cut more sections.



Spain

Classroom Recipe

Spaetzle
(German Dumplings)

2 cups flour
½ teaspoon salt
2 eggs, slightly beaten
3/4 cup skim milk
salted boiling water
3 tablespoons bread crumbs
2 tablespoons margarine

1. Mix flour and salt together in bowl.
2. Stir eggs and milk into the flour mixture, until just blended.
3. Heat salted water to boiling.
4. Carefully drop teaspoonsful of dough into water.
5. Cook 5 minutes and remove.
6. Drain and lightly toss with bread crumbs and melted margarine.

Makes 4 cups.

EUROPE

Classroom Recipe

Torrijas
(Spanish Cinnamon Toast)

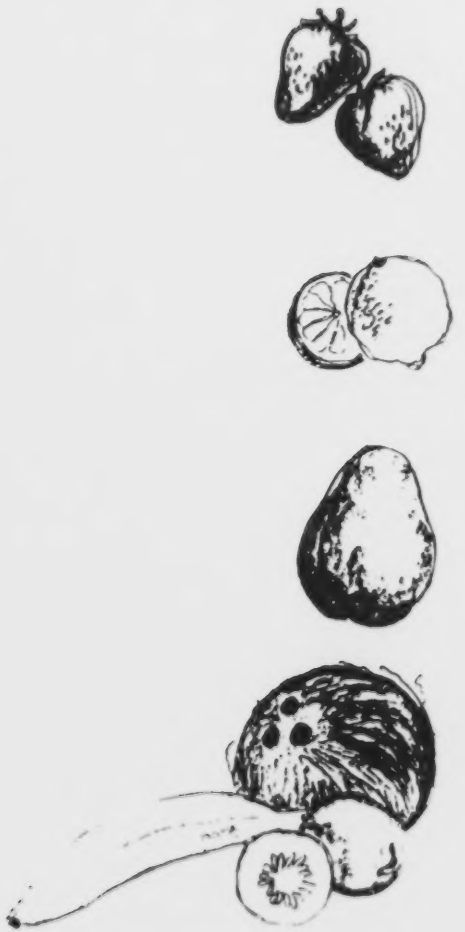
1 1-pound French bread loaf, thickly sliced
2 eggs, beaten
1 teaspoon cinnamon
2 tablespoons water
1 cup confectioners' sugar, sifted
olive oil

1. Cut bread slices into rounds with a biscuit cutter.
2. Combine beaten eggs, cinnamon and water; beat with a fork.
3. Heat a tablespoon of olive oil in a heavy skillet.
4. Dip both sides of a bread slice into egg mixture. (Dip quickly, do not soak.)
5. Fry until golden brown, turning once.
6. Continue dipping and frying one slice at a time; add oil as needed. (May keep warm in the oven.)
7. Sprinkle or sift sugar over slices just before serving.

Makes 16 servings.

POINTS OF INTEREST

***Torrijas** is a favorite after-school snack for children in Spain. This version of "French toast" is served with hot chocolate.*



Classroom Recipe

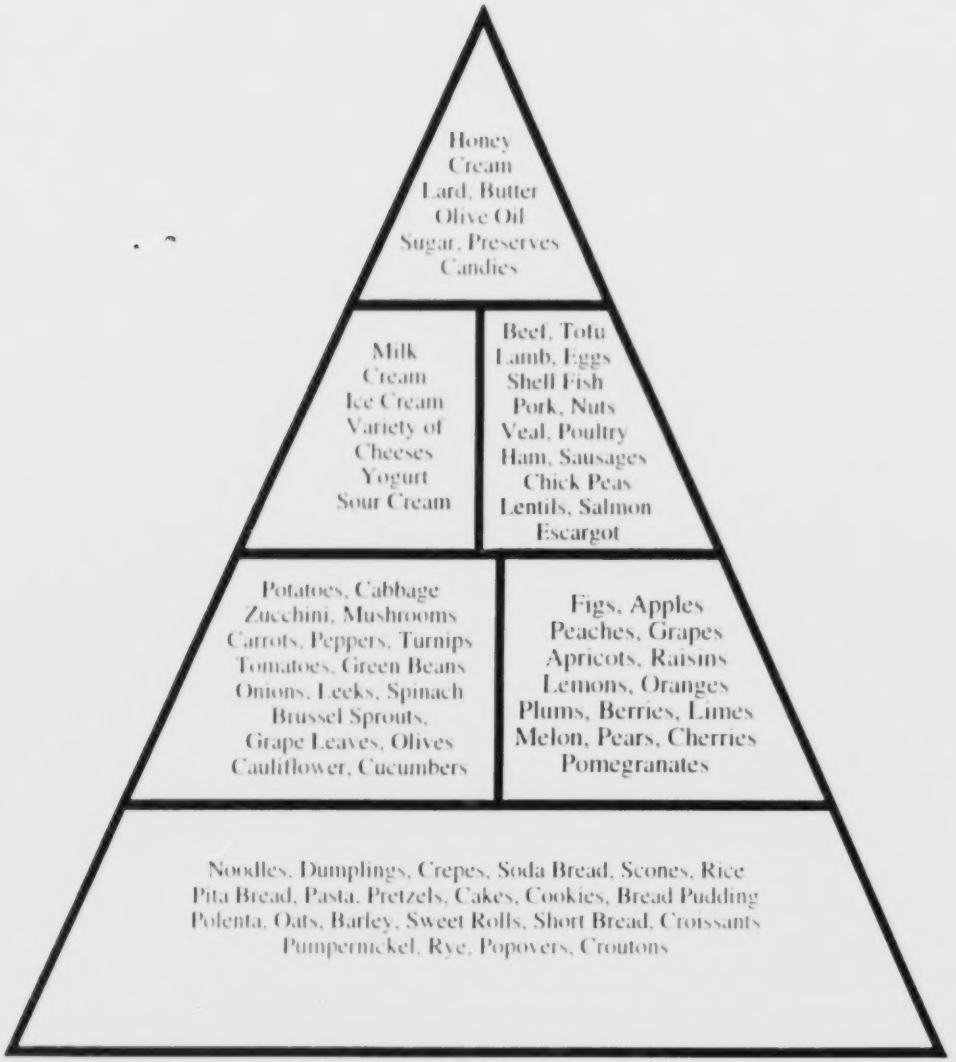
Zuppa En Glaze

sponge cake (loaf or tube)
1 6-ounce package instant vanilla pudding
2 cups milk
2 cups sliced fruit (strawberries and/or kiwi)
1 8-ounce container frozen whipped topping, thawed

1. Prepare or purchase cake.
2. Prepare pudding with milk according to package directions. Refrigerate.
3. Cut cake horizontally into 4 layers.
4. In a deep pan alternately layer cake, pudding, fruit, and whipped topping; repeat.
5. Chill or serve immediately.

Makes 8-10 servings.

EUROPE



Spices of Life

Oregano
Basil
Rosemary
Sage
Parsley
Capers
Vinegar
Horseradish
Saffron
Fennel
Mint
Garlic
Paprika
Bay Leaves
Nutmeg
Red Pepper
Marjoram
Cumin
Caraway Seeds
Dill
Cinnamon
Ginger
Mustard Seeds
Pepper
Anise
Cardamon
Terragon
Poppy Seeds

Cafeteria Recipe

Cucumber and Tomato Salad

Ingredients	Amounts
Dill vinaigarette dressing:	
Sugar	2 lbs
Salt	11/2 Tbsp
Dill	3 Tbsp
Vinegar	1 qt, 1 1/3 cup
Salad oil	1 1/4 qt
Dry mustard	1 Tbsp
Salad:	
Cucumbers	9.6 lbs
Tomatoes	11.2 lbs

Directions

1. For dressing, combine dry ingredients.
2. Add vinegar and oil; beat well.
3. Toss with tomatoes and cucumbers.

Yield: *Salad: 100 servings*
Dressing: 1 gallon

Meal pattern: ½ cup provides 1 serving vegetable

Nutritional Analysis: *149 calories, .77g protein, 13.3g carbohydrate, 11.1g fat, 1.6g saturated fat, 111mg sodium, 79 RE vitamin A, 11.6mg vitamin C, 10mg calcium, 5mg iron, .86g fiber*

EUROPE

Cafeteria Recipe

Scones

Ingredients **Amounts**

USDA Recipe B-4 Biscuits (for 100 servings)

Directions

1. Follow directions for biscuits.
2. Cut biscuit dough into 1x3 triangles.
3. Bake according to directions

Meal pattern: 1 scone provides 1 serving grains/breads

Nutritional Analysis: *164 calories, 3g protein, 22g carbohydrate, 7g fat, 1.83g saturated fat, 322mg sodium, 1 IU vitamin A, 1mg vitamin C, 57mg calcium, .8mg iron, .73g fiber*

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CAFETERIA MENUS

English Lunch

*Shepherd's Pie
Cucumber and Tomato Salad
Purple Plums, Apples, or Fresh Strawberries
Scones

Italian Lunch

*Minestrone Soup
*Chicken Tetrazzini
Antipasta Salad
Grapes
Bread Sticks
Italian Ice

Greek Lunch

*Gyros
*Tabouleh
Steamed Squash
Apricots

Milk choices offered in each menu

***USDA School Recipes**

Shepherd's Pie D-43
Minestrone Soup H-7
Chicken Tetrazzini D-42
Gyros F-
Tabouleh E-23

Netherlands

Cafeteria Recipe

Antipasta Salad

Ingredients	Amounts
Tomatoes, fresh, cut into wedges	3 lbs
Cucumbers, sliced	2 lbs
Garbanzo beans, drained	1 No. 10 can
Cauliflower, fresh, chopped	1 lb
Black olives	1 lb
Mozzarella cheese, shredded	2 lbs
Vinegar	1 qt
Salad oil	1 qt
Italian seasoning	3 Tbsp
Sugar	1 lb

Directions

1. Mix vinegar, oil, seasoning and sugar together. Pour over salad ingredients.
2. Chill until ready to serve.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving vegetable

Nutritional Analysis: *164 calories, 4g protein, 13.5g carbohydrate, 11g fat, 2.3g saturated fat, 174mg sodium, 36 RE vitamin A, 5.5mg vitamin C, 75.2mg calcium, 75mg iron, 1.7g fiber*

EUROPE

Cafeteria Recipe

Parsley Potatoes

Ingredients	Amounts
Canned whole small potatoes	2 ½ No. 10 cans
Dried parsley flakes	3/4 cup

Directions

1. Drain potatoes.
2. Toss parsley flakes and potatoes.
3. Heat thoroughly.

Yield: 100 servings

Meal pattern: 1/4 cup provides 1 serving vegetable

Nutritional Analysis: *40 calories, .7g protein, 7g carbohydrate, .1g fat, .02g saturated fat, 132mg sodium, 6 RE vitamin A, 2.7mg vitamin C, 2.6mg calcium, .68mg iron, .15g fiber*

CAFETERIA MENUS

Irish Lunch

Baked Pork Chops
Parsley Potatoes
Baked or Fresh Apples
Irish Soda Bread

German Lunch

German Sausage
German Sauerkraut
Hot Potato Salad
Apple or *Apple Crisp
Rye Bread

French Breakfast

**Quiche*
Fresh Fruit or Juice Choice
Croissant

Milk choices offered in each menu

***USDA School Recipes**

Apple Crisp C-2
Quiche D-32

Norway

Cafeteria Recipe

Irish Soda Bread

Ingredients	Amounts
Biscuit mix	8qt
Raisins	8 cups
Sugar	4 cups
Caraway seeds	1 cup
Buttermilk	4 qt
Frozen whole eggs, defrosted	2 ½ cups

Directions

1. Combine eggs and buttermilk with biscuit mix, raisins, sugar, and caraway seeds.
2. Pour into 12x20x2 baking pans (2 qt per pan).
3. Bake at 350 F for 35 minutes.
4. Cut into 2 x 3-3/4 inch portions.

Yield: 100 servings

Meal pattern: 1 piece provides 1 serving grains/breads

Nutritional Analysis: *282 calories, 6.7g protein, 47.6g carbohydrate, 7.7g fat, .24g saturated fat, 567mg sodium, 3 RE vitamin A, 1.mg vitamin C, 59mg calcium, .48mg iron, .91g fiber*

Cafeteria Recipe

German Sauerkraut

Ingredients	Amounts
Vegetable oil	2/3 cup
Onions, minced	3 lbs
Sauerkraut	3 No. 10 cans
Pepper	2 Tbsp
Caraway seeds	4 tsp
Green apples, diced	1 lb

Directions

1. Saute onions in vegetable oil until transparent.
2. Drain sauerkraut. Add to onions
3. Add remaining ingredients.
4. Simmer for 35 minutes.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving vegetable

Nutritional Analysis: *37 calories, 1g protein, 5.7g carbohydrate, 1.6g fat, .25g saturated fat, 568mg sodium, 3 RE vitamin A, 13.8mg vitamin C, 30mg calcium, 1.4mg iron, 2.6g fiber*

Cafeteria Recipe

Hot Potato Salad

Ingredients	Amounts
Bacon	2 lbs
Onions, chopped	1 lb
Potatoes, cooked, sliced	17 lbs, 4oz
Celery, chopped	8 oz
Vinegar	3 1/4 cups
Water	1 qt, 2 ½ cups
Sugar	1/4 cup

Directions

1. Cook bacon until crisp. Drain.
2. Cook onions until tender.
3. Toss bacon, onions and potatoes together.
4. In a saucepan, add vinegar, water, and sugar. Heat to boiling.
5. Remove dressing from heat. Pour over salad.
6. Serve warm.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving vegetable

Nutritional Analysis: *117 calories, 2.5g protein, 15.5g carbohydrate, 5.3g fat, 1.9g saturated fat, 73mg sodium, 0 RE vitamin A, 17.7mg vitamin C, 8mg calcium, .75mg iron, 1.4g fiber*

MIDDLE EAST & NORTH AFRICA

Classroom Ideas

Make a desert scene using colored sand.

Set up a *souk* (bazaar). Make items to barter and trade.

Make papier-mache or clay bowls. Paint with brightly colored tempera paints.

Make worry beads. Wear with a head covering.

Play an original Egyptian game, *Tug-of-War*.

Invite a local weight lifter to speak to the class. (Iranians enjoy weight lifting.)

Practice writing and reading sentences from right to left as practiced by some students in this region.

Make a mosaic picture from small pieces of construction paper.

Learn about pyramids and construct a variety of pyramid shapes.

Invite a speaker to discuss oil and its importance to this region.

Research the origin of Israel. Why is religion such an important factor in the lives of people from this region? How has this influenced eating habits?

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MIDDLE EAST & NORTH AFRICA

Algeria
Bahrain
Cyprus
Egypt
Iran
Iraq
Israel
Jordan
Kuwait
Lebanon
Libya
Morocco
Oman
Qatar
Saudi Arabia
Syria
Tunisia
Turkey
United Arab Emirates

MIDDLE EAST & NORTH AFRICA

POINTS OF INTEREST

Influenced by centuries of spice trading, foods of this region are often exotic and distinctive. Cuisines range from rich and spicy to thrifty and plain. Flat breads, stuffed vegetables, stews, salads, spicy meats wrapped in leaves and yogurt are common dishes of this region.

POINTS OF INTEREST

In Israel, a flat unleavened bread called ***matzo*** *is eaten during Jewish Passover, a reminder of the hasty escape of the Israelites from Egypt, when there was no time for bread to rise. Today matzo is eaten at any time and is available in many stores. On the other hand, Charoses, another Passover dish is usually reserved for the Passover meal.*

Nutrition Ideas

- Identify spices used in Middle Eastern cooking.
- Identify ways that people of this region who are vegetarians fulfill their protein requirement.
- Display citrus fruits. Use nutrition comparison cards to graph vitamins found in these fruits.
- Have a tasting party of kebabs (meat and vegetables cooked on skewers).
- Define *kosher*. At a food market, check food labels for "**K**" meaning kosher.
- Invite a speaker to explain the Passover feast. Taste matzo (unleavened bread).
- Learn about the Islamic observance, *Ramadan* (ninth month of the Islamic year.) What dietary customs are practiced during this time? Taste *Harira*, the traditional soup often eaten during this observance.
- Study the Jewish festival of Thanksgiving, *Sukkot* (five days after Yom Kippur). Compare harvested foods with those of the United States.
- Practice the Muslim custom of eating while touching food only with the right hand.

MIDDLE EAST & NORTH AFRICA

Classroom Recipe

Charoses

2 apples, cored and peeled
3/4 cup walnut pieces
1/3 to 1/2 cup raisins
1/4 cup grape juice
1 tablespoon honey
matzo

1. Finely chop apples, walnuts, and raisins.
2. Place chopped foods in a small bowl.
3. Mix in grape juice and honey.
4. Spread mixture on *matzo*.

Makes 8 servings.

Party Ideas

Israel - Sukkot, Feast of Booths
(Harvest Celebration)

* Set up a *sukkah* or booth in the class room. Use it as a reading or quiet center. Decorate it with autumn leaves and pumpkins.
* Decorate pumpkins with paint.
* Make a harvest wreath of seed pods, thistle, wheat, and other natural materials.
* Create leaf prints.
* Play pumpkin toss with bean bags and a pumpkin container.
* Make and taste cheese latkes.

MIDDLE EAST & NORTH AFRICA

Morocco

Classroom Recipe

Harira

(North African Vegetable Soup)

1 cup onion, chopped
3 celery stalks, diced
3 tablespoons oil
1 teaspoon turmeric
1 teaspoon ground coriander
½ teaspoon cinnamon
1 potato, chopped
1 carrot, diced
1 14-ounce can diced tomatoes
1 cup tomato juice
2 cups water
1 cup canned chick peas with liquid
1 zucchini, chopped
½ cup vermicelli, broken
1/4 cup lemon juice
1 teaspoon salt
1/4 teaspoon pepper

1. In a large pot, saute onions and celery in oil.
2. Add spices, potatoes and carrots; cook 5 minutes, stirring often.
3. Add tomatoes, water and tomato juice and cook until vegetables are tender.
4. Add remaining ingredients and cook 5 minutes longer.

Makes 8 servings.

MIDDLE EAST & NORTH AFRICA

Classroom Recipe

Israeli Vegetable Salad

1 tomato
1 green pepper
1 cucumber
sprigs of parsley
3 green onions
1 small onion
2 tablespoons lemon juice
½ teaspoon salt
1 tablespoon olive oil (optional)
½ teaspoon black pepper

1. Clean and cut vegetables into very small pieces.
2. Combine in a bowl. Top with lemon juice, oil, salt and pepper.
3. Serve with pita bread, dipping bread into "juice".

Party Ideas

North Africa - Midday at the Oasis

* Decorate the classroom with palm trees and a *souk* (bazaar). Construct a tent, wear costumes, and share stories.
* Play music of the region.
* Construct a water pouch. Use a plastic bag or bottle, fabric, and string.
* Play *Building a Pyramid* relay. Use tablespoons and sand to fill a pyramid-shaped container.
* Learn to belly dance. Invite a dancer to demonstrate.
* Serve stuffed dates.

MIDDLE EAST & NORTH AFRICA

POINTS OF INTEREST

Many people of this region follow eating practices handed down for generations. Food is served on low tables and everyone sits on floor cushions. Since food is eaten with the fingers (right hand only), hands are wiped clean at the beginning of the meal.

Classroom Recipe

Olive Salad

6 medium potatoes
6 eggs
12 small dill pickles, chopped
1 whole chicken breast, cooked and diced
1 cup frozen green peas
1 cup mayonnaise
½ cup olive oil
12 olives green or black, sliced
salt to taste

1. Cook unpeeled potatoes; cool, peel and dice.
2. Cook eggs in shell, peel, and dice.
3. Place peas in drainer and run warm water over them to thaw.
4. Mix mayonnaise, olive oil, and salt to taste.
5. Toss with other ingredients.
6. Place in flat dish; garnish with olives.
7. Chill in refrigerator for an hour.

Makes 6 servings.

MIDDLE EAST & NORTH AFRICA

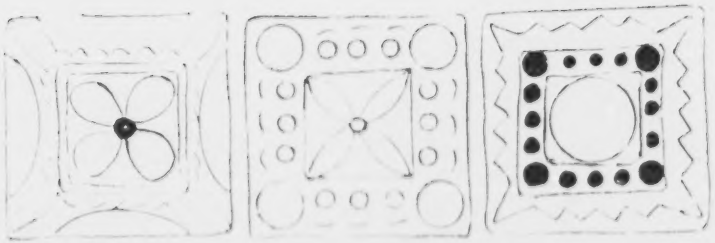
Classroom Recipe

Stuffed Dates

1 package of whole dates, pitted
8 ounces of low-fat cream cheese
walnut halves

1. Stuff dates with cream cheese.
2. Put a walnut in each

Makes 12 servings.



Times to Celebrate

- ★ September/October - *Rosh Hashana*, the Jewish New Year (first 10 days of Jewish month of *Tishri*)
- ★ *Yom Kippur* (last 10 days of *Tishri*)
- ★ September/October - *Sukkot*, the Jewish Harvest Festival (begins five days after *Yom Kippur*)
- ★ December - *Hanukkah*, the Jewish Festival of Lights
- ★ February/March - *Purim*, the Jewish Feast of Lots
- ★ March 21 - *Noruz*, the Middle Eastern New Year
- ★ March/April - Passover, the Jewish Festival of Freedom
- ★ April 23 - Children's Day in Turkey
- ★ Ninth month of Islamic Lunar Calendar - *Ramadan*
- ★ July 23 - Egyptian National Day

MIDDLE EAST & NORTH AFRICA

Arabia

POINTS OF INTEREST

Beef is not a favorite in the Middle East. Lamb and mutton are more popular since sheep are better suited to the climate and require less grazing land. While camels are valuable beasts of burden, they are also enjoyed as delicacies. Zesty camel's feet stew, or a savory "hump roast" may be served as main courses.

Classroom Recipe

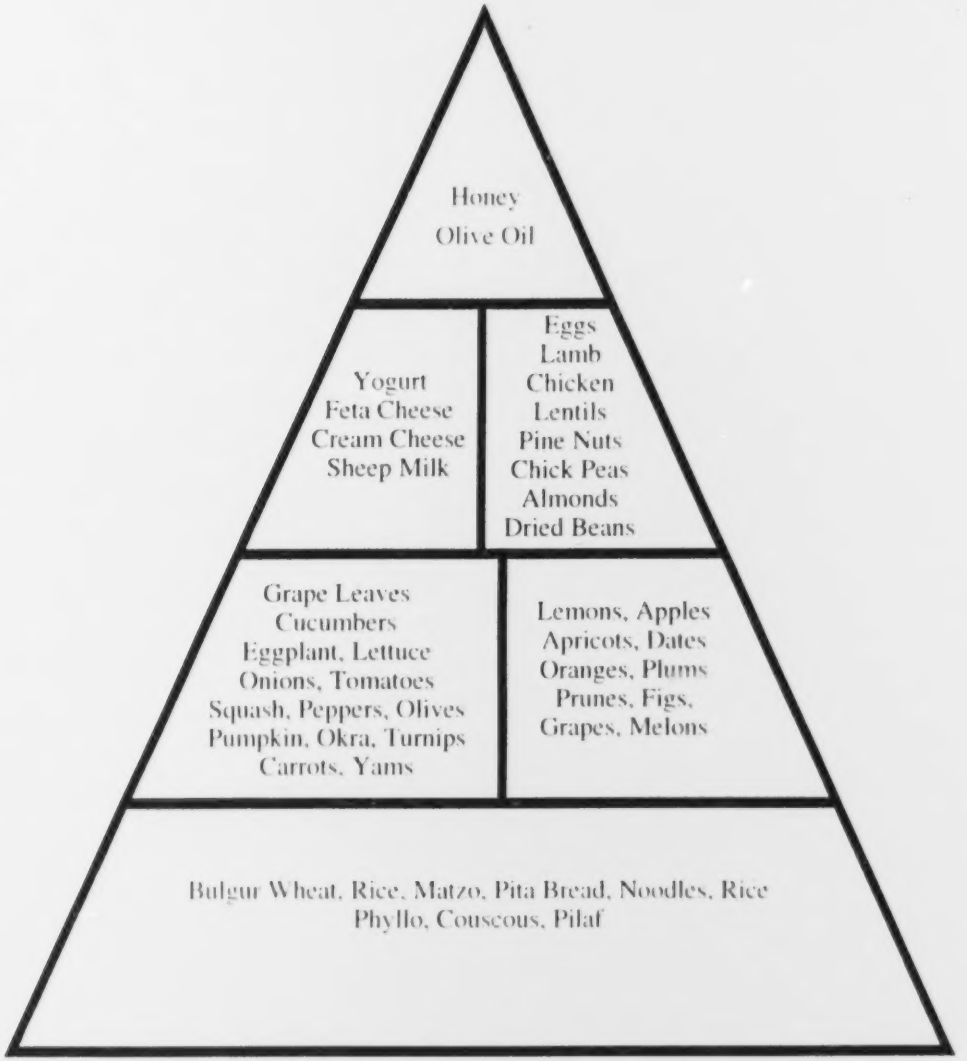
Tabouleh

1 1/4 cups bulgur (cracked wheat), uncooked
1 1/4 cups boiling water
2 cups tomato, diced
1 cup cucumber, peeled, seeded and diced
3/4 cup fresh parsley, chopped
2 tablespoons fresh mint, chopped
½ cup yellow bell pepper, diced
½ cup green onions, chopped
½ teaspoon salt
1/3 cup lemon juice
3 tablespoons olive oil

1. Combine bulgur and boiling water in large bowl; stir well. Let stand 30 minutes or until water is absorbed.
2. Add tomato and remaining ingredients; toss.
3. Serve with flatbread.

Makes 12 servings.

MIDDLE EAST & NORTH AFRICA



Spices of Life

Dill
Basil
Rosemary
Mint
Garlic
Thyme
Cinnamon
Cloves
Turmeric
Coriander
Parsley
Capers

MIDDLE EAST & NORTH AFRICA

Cafeteria Recipe

Algerian Couscous
(Chicken Stew)

Ingredients	**Amounts**
Cooked chicken, diced	12 lbs, 8 oz
Chicken broth	3 gal
Carrots, diced	3 lbs
Onions, chopped	1 lb
Potatoes, diced	8 lbs, 8 oz
Garlic granules	1/4 cup
Coriander	1/4 cup
Zucchini, sliced	3 lbs
Garbanzo beans	1 No. 10 can
Ground red pepper	1/4 cup
Ground turmeric	1/4 cup
Couscous	100 servings

Directions

1. Add carrots, onions, potatoes, garlic, coriander, red pepper, and turmeric to chicken broth.
2. Bring to a boil. Reduce heat to simmer and layer zucchini, beans, and chicken on top.
3. Cover and cook very slowly for 1 hour.
4. Prepare couscous according to directions. (May substitute rice for couscous).
5. Place ½ cup of couscous on tray.
6. Serve 1 cup of chicken stew over couscous.

Yield: 100 servings

Meal pattern: 1 cup of chicken stew provides 2 oz serving meat/meat alternate, ½ cup vegetable; ½ cup couscous provides 1 serving grains/breads

Nutritional Analysis: *257 calories, 21g protein, 30.8g carbohydrate, 4.8g fat, 1.1g saturated fat, 433mg sodium, 569 RE vitamin A, 10.6mg vitamin C, 27mg calcium, 2.4mg iron, 1.8g fiber*

MIDDLE EAST & NORTH AFRICA

Cafeteria Recipe

Turkish Mixed Vegetables

Ingredients	Amounts
Zucchini, sliced	3 lbs
Onions, sliced	1 lb
Potatoes, diced	3 lbs
Tomatoes, diced, canned	1 No. 10 can
Garlic	2 Tbsp
Salt	1 Tbsp

Directions

1. Mix all ingredients together.
2. Heat until hot and vegetables are tender but crisp. Do not over cook.

Yield: 100 servings

Meal pattern: ½ c provides 1 serving vegetable

Nutritional Analysis: *20 calories, .74g protein, 4.7g carbohydrate, .09g fat, .01g saturated fat, 136mg sodium, 42 RE vitamin A, 7mg vitamin C, 11.6mg calcium, .32mg iron, .4g fiber*

CAFETERIA MENUS

Regional Lunch

Algerian *Couscous* (Chicken Stew)
Turkish Mixed Vegetables
Choice of Fresh Fruit
Moroccan Rolls
Moroccan Crescent Cookie

Regional Lunch

Moroccan Chicken w/ Fruit and Honey
*Orange Rice Pilaf
Corn
Choice of Fresh Fruit
Wheat Roll
Turkish *Halva*

Milk choices offered in each menu

*** USDA School Recipe**

Orange Rice Pilaf B-21

MIDDLE EAST & NORTH AFRICA

Cafeteria Recipe

Moroccan Rolls

Ingredients	Amounts
USDA Recipe B-16 Whole Wheat Rolls	(for 100 servings)
Anise seeds	1/3 cup

Directions

1. Follow USDA Recipe B-16 for Whole Wheat Rolls. Add anise seeds to dough.
2. Bake according to directions.

Yield: 100 servings

Meal pattern: 1 roll provides 2 servings grains/breads

Nutritional Analysis: *176 calories, 5g protein, 33.2g carbohydrate, 2.9g fat, .4g saturated fat, 249mg sodium, 0 IU vitamin A, .14mg vitamin C, 15.7mg calcium, 2mg iron, 2.8g fiber*

MIDDLE EAST & NORTH AFRICA

Cafeteria Recipe

Moroccan Crescent Cookies

Ingredients	Amounts
USDA Recipe C-14 Peanut Butter Cookies	(for 100 servings)
Sesame seeds	3 cups

Directions

1. Follow directions for Peanut Butter Cookie dough.
2. Pour sesame seeds into a pie pan. Pinch off walnut - size pieces of dough.
3. Roll dough in seeds to coat.
4. Roll pieces between palms into 2-inch long cylindrical shapes, thicker in center, tapering at ends.
5. Place side by side on baking pan. Curve slightly into crescents.
6. Bake according to cookie directions.

Yield: 100 servings

Meal pattern: 1 cookie

Nutritional Analysis: *170 calories, 4.3g protein, 17.3g carbohydrate, 10g fat, 3.4g saturated fat, 123mg sodium, 31 RE vitamin A, 0mg vitamin C, 50.4mg calcium, 1.2mg iron, 1.2g fiber*

POINTS OF INTEREST

Sweetmeat (pastry) shops are to Middle Easterners what candy stores and ice cream shops are to Americans. In fact, the shape of each sweet often indicates its ingredients, somewhat like chocolate candies reveal their contents.

MIDDLE EAST & NORTH AFRICA

Cafeteria Recipe

Moroccan Chicken with Fruit and Honey

Ingredients	Amounts
Cooked chicken, diced	12 lbs, 8 oz
Water	6 gal
Onions, chopped	1 lb
Pitted prunes	9 lbs
Honey	1 qt
Brown sugar	4 lbs
Turmeric	1 Tbsp
Cinnamon	1 1/4 cups

Directions

1. To water, add all ingredients except chicken.
2. Bring to a boil. Stir to prevent sticking.
3. Reduce heat and simmer for 30 minutes uncovered.
4. Add chicken, stir to mix well. Cover and simmer 20 minutes.

Yield: 100 servings

Meal pattern: ½ cup provides 2 oz serving meat/meat alternate

Nutritional Analysis: *312 calories, 16.7g protein, 55.9g carbohydrate, 4g fat, 1.1g saturated fat, 50mg sodium, 169 RE vitamin A, 2mg vitamin C, 63mg calcium, 2.7mg iron, 3.7g fiber*

MIDDLE EAST & NORTH AFRICA

Cafeteria Recipe

Turkish Halva

Ingredients	Amounts
Margarine	4 cups
Cream of Wheat	12 ½ cups
Sugar	5 cups
Warm water	1 ½ gal
Seedless raisins	6 cups
Walnuts	6 cups

Directions

1. Melt butter, add Cream of Wheat, stirring constantly until golden brown.
2. Add sugar and water, continue stirring.
3. Bring to a simmer. Cook until mixture thickens.
4. Remove from heat. Add raisins and walnuts.
5. Pour into 10x20x2 size pan. Spread evenly.
   (Will have a thick pudding texture.)

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving grains/breads

Nutritional Analysis: *257 calories, 3.7protein, 36.2 carbohydrate, 11.8g fat, 1.8g saturated fat, 57mg sodium, 69 RE vitamin A, .57mg vitamin C, 30mg calcium, 1.1mg iron, 1.5g fiber*

AFRICA - SOUTH OF THE SAHARA

Classroom Ideas

Research African land forms. Study the rain forest and its significance to people of the region.

Make a *kufi*, a round hat many young Africans wear to show pride in their heritage. Fit a headband snugly around the head and staple ends. Arrange six strips of colored paper to form a wheel and staple in the center. Connect each strip to the headband.

Design and wear salt dough mini-mask pendants.

Use papier-mache to create an African bowl (*calabash*). Decorate with African designs using tempera paints.

Construct a tabletop African community using a variety of boxes.

Roleplay a West African minstrel. (These storytellers carried nets containing bones, feathers, and china bits. To choose a story, the listener would take an object from the net). Place various objects in a net. Students choose an object and create a story.

Create your own "homemade" instrument and practice various African rhythms. Discuss the importance of music in African life and its influences on music of the United States.

Weave paper strips into a "unity" mat using red, green, and black, the colors of the African flag.

Create celebration masks using African designs. Learn how masks are used in this region's culture.

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AFRICA - SOUTH OF THE SAHARA

Angola
Benin
Botswana
Burkina Faso
Burundi
Cameroon
Cape Verde
Central African Republic
Chad
Comoros
Congo
Djibouti
Equatorial Guinea
Nigeria
Ethiopia
Gabon
Gambia
Ghana
Guinea
Guinea-Bissau
Ivory Coast
Kenya
Lesotho
Liberia
Madagascar
Malawi
Mali
Mauritania
Mauritius
Mozambique
Niger
Rwanda
Sao Tome & Principe
Senegal
Seychelles
Sierra Leone
Somalia
South Africa
Sudan
Swaziland
Tanzania
Togo
Uganda
Zaire
Zambia
Zimbabwe

AFRICA - SOUTH OF THE SAHARA

POINTS OF INTEREST

***Kwanzaa** is a cultural holiday originated by Dr. Maulana Karenga for Americans of African descent. This African-American celebration of ancestry is observed from December 26 to January 1.*

POINTS OF INTEREST

African people in regions south of the Sahara represent more that 800 ethnic groups or tribes. The land and the cultures are diverse. Cuisine in the furtile southern regions is influenced by East Asia and India. The fiery rich foods of West Africa have migrated to the U.S. since most African-Americans trace their roots to this region.

Where political turmoil and poor growing conditions exist, food shortages and hunger are common. Yams, as well as other roots are a mainstay, revered as a symbol of survival.

Classroom Ideas

- Study African proverbs. Write your own.
- Decorate gourds illustrating African proverbs. If gourds are not available, cover small balloons with papier mache, then paint.
- Estimate the number of kernels on an ear of corn. Muhundi (ears of corn) are used during the celebration of *Kwanzaa** to represent children and their importance in the family.

Nutrition Ideas

- Trace the travels of peanuts. Using a globe, tape a string to South America, then Spain, then Africa, on to Virginia, and finally to your home.
- Compare nutrition labels and taste various types of peanuts.
- Prepare fruit kabobs with popular African fruits such as bananas, watermelon, pineapples, papaya, and guava.
- Set up a fruit market displaying pomegranates, dates, figs, bananas, melon, peaches, papayas, and avocados.
- Use the African food pyramid to identify food groups with limited variety. Study about food supply problems and their effect on the nutritional status of the region's people.

AFRICA - SOUTH OF THE SAHARA

Nutrition Ideas

Fill small containers (two of each) with traditional African spices such as cinnamon, nutmeg, ginger, cloves, paprika, and garlic. Students sniff and match pairs.

Serve plantain chips. Peel and slice plantains or slightly green bananas into thin coins and fry in canola oil until golden brown.

Compare the taste, color, and texture of plantains and bananas.

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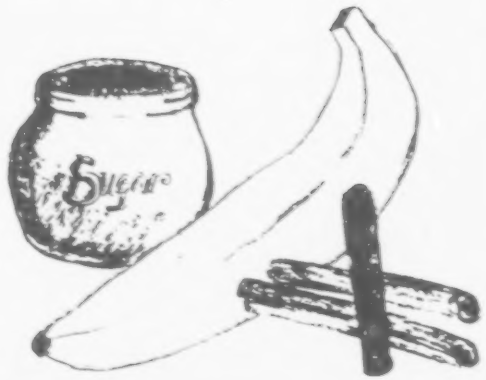
Party Ideas

Safari Party

* Decorate the classroom to resemble a jungle.
* Make safari hats from paper plates with the center cut out. Attach a paper bowl in the center and paint with camouflage colors. Secure with yarn ties.
* Binoculars can be made from two toilet paper rolls taped together and painted. Hide stuffed animals around the room and spot them by looking through the binoculars.
* Encourage students to bring their cameras to the party. Discuss how safaris should capture animals on film in order to preserve wildlife.
* Play African rhythmic music and drums. Learn a traditional native dance.
* Play animal lotto.
* Play a listening game. Students imitate animal noises while others guess their identity.
* Invite a zoo keeper or pet store owner to speak to the class. Request they bring along some animal friends.
* Cut out various animal pictures. Students choose parts of several different animals and paste them together creating their own "wild" animal. Write a description including what it eats, its habitat, and its predators.
* Make large butterfly nets and go outside on an insect safari.
* Play the Ghanian game, *The Boa Constrictor*, an adaptation of tag in which a student is tagged and becomes part of the "snake". Students must work together so the snake is not pulled apart.
* Serve animal crackers, bananas or fruit kabobs, and flavored water or juice.

AFRICA - SOUTH OF THE SAHARA



Classroom Recipe

African Baked Bananas

4 large bananas
2 tablespoons margarine
2 tablespoons brown sugar
1 teaspoon cinnamon

1. Cut bananas in half lengthwise. Arrange in glass baking dish with cut sides turned up.

2. Melt margarine in pan; stir in brown sugar and cinnamon; mix well and pour over bananas.

3. Cover dish with foil and bake in preheated oven at 350 F for 45 minutes.

Makes 8 servings.

AFRICA - SOUTH OF THE SAHARA

Classroom Recipe

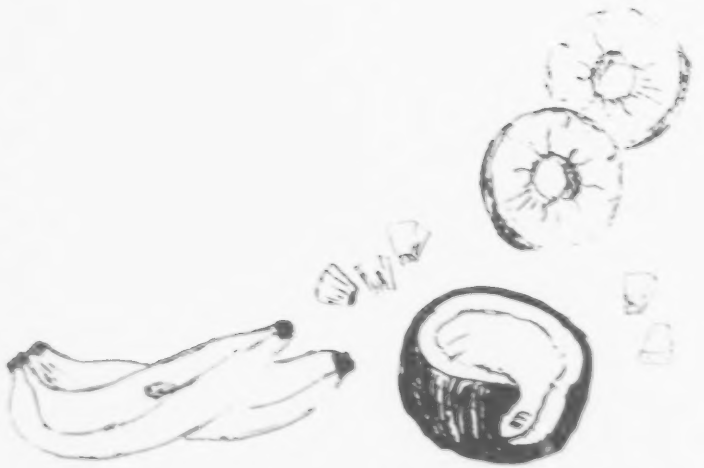
Jungle Slush

2 cups unsweetend pineapple juice, chilled
1 banana, frozen
1 tablespoon unsweetend coconut
4-6 ice cubes

1. Combine all ingredients in a blender and process until smooth.

2. Pour into small cups and serve.

Makes 5 ½-cup servings.



Times to Celebrate

- ★ September 26 - *Maskal*, Ethiopian religious observance and festival
- ★ Late September - *Nmayem*, Ghanian harvest and tribal unity festival
- ★ End of the Ninth Month of Islamic Lunar Year - *Lebaron*, feast following Ramadan

AFRICA - SOUTH OF THE SAHARA

Classroom Recipe

Rusks

2 cups all-purpose flour
2 cups whole wheat flour
1/3 cup sugar
½ teaspoon salt
2 teaspoons baking powder
1 teaspoon cinnamon
3/4 cup buttermilk
2 eggs
½ cup margarine, melted
1 teaspoon vanilla
1 teaspoon almond extract

1. Preheat over to 400 F.
2. In large mixing bowl combine all dry ingredients; mix thoroughly.
3. Combine remaining liquid ingredients in another bowl.
4. Pour liquid mixture into dry mixture. Stir to form soft dough.
5. Turn dough unto well-floured board; pat to ½ -inch thickness and cut into rectangles about 2 x 4 inches.
6. Bake on greased baking sheet for 25 minutes. Cool.
7. Return to warm oven at 200 F to dry out for several hours.
8. Serve as a snack, dipped in milk.

Makes 12 servings.

AFRICA - SOUTH OF THE SAHARA

Classroom Recipe

Spicy African Peanut Soup

1 large onion, chopped
2 medium sweet potatoes, peeled and diced
2 cloves garlic, minced
8 cups canned chicken broth
1 tablespoon oil
1 teaspoon dried thyme leaves
½ teaspoon ground cumin
3 cups thick and chunky salsa
3 1-pound cans garbanzo beans, drained and rinsed
1 cup diced zucchini or yellow squash
2/3 cup creamy peanut butter
cooked couscous or rice

1. In a large non-stick saucepan or electric pot, saute onions, sweet potatoes and garlic in a small amount of oil. Cook about 5 minutes until onion is tender.

2. Add chicken broth, thyme, cumin and bring to a boil. Reduce heat and simmer until sweet potato is tender, about 15 minutes.

3. Add the salsa, beans and squash; cook until tender, about 10 minutes.

4. Add peanut butter and stir until completely combined. Serve over couscous or whole grain rice.

Makes 10 large servings.

POINTS OF INTEREST

Peanuts are essential to West African cuisine. From Brazilian origins, these "ground nuts" or goobers probably were introduced to Africa as payment for slaves. Peanuts may be eaten as salted nuts, or as pounded peanuts (butter) added to sauces and thick soups.

AFRICA - SOUTH OF THE SAHARA

Ghana

Classroom Recipe

Sweet Potato Chips

2 medium sweet potatoes
vegetable oil cooking spray

1. *Preheat oven to 450 F.
2. Scrub sweet potatoes and cut into thin slices.
3. Spray a cookie sheet with vegetable cooking spray.
4. Place the slices on the cookie sheet in a single layer.
5. Bake 10 to 12 minutes, until crisp.

Makes 4 servings.

* May use electric skillet at 375 F. Use vegetable cooking spray to prevent sticking.

AFRICA - SOUTH OF THE SAHARA

Classroom Recipe

Yellow Rice with Raisins

2 tablespoons butter
1 cup uncooked long-grain white rice
2 cups boiling water
1 cinnamon stick (2" long)
½ teaspoon ground turmeric
1 teaspoon salt
½ cup seedless raisins
1 teaspoon sugar

1. In a heavy saucepan melt butter. Add rice and stir until coated with butter.

2. Add the water, spices, and salt stirring constantly.

3. Bring to a boil then reduce heat. Cover tightly and simmer for 20 minutes until all liquid is absorbed.

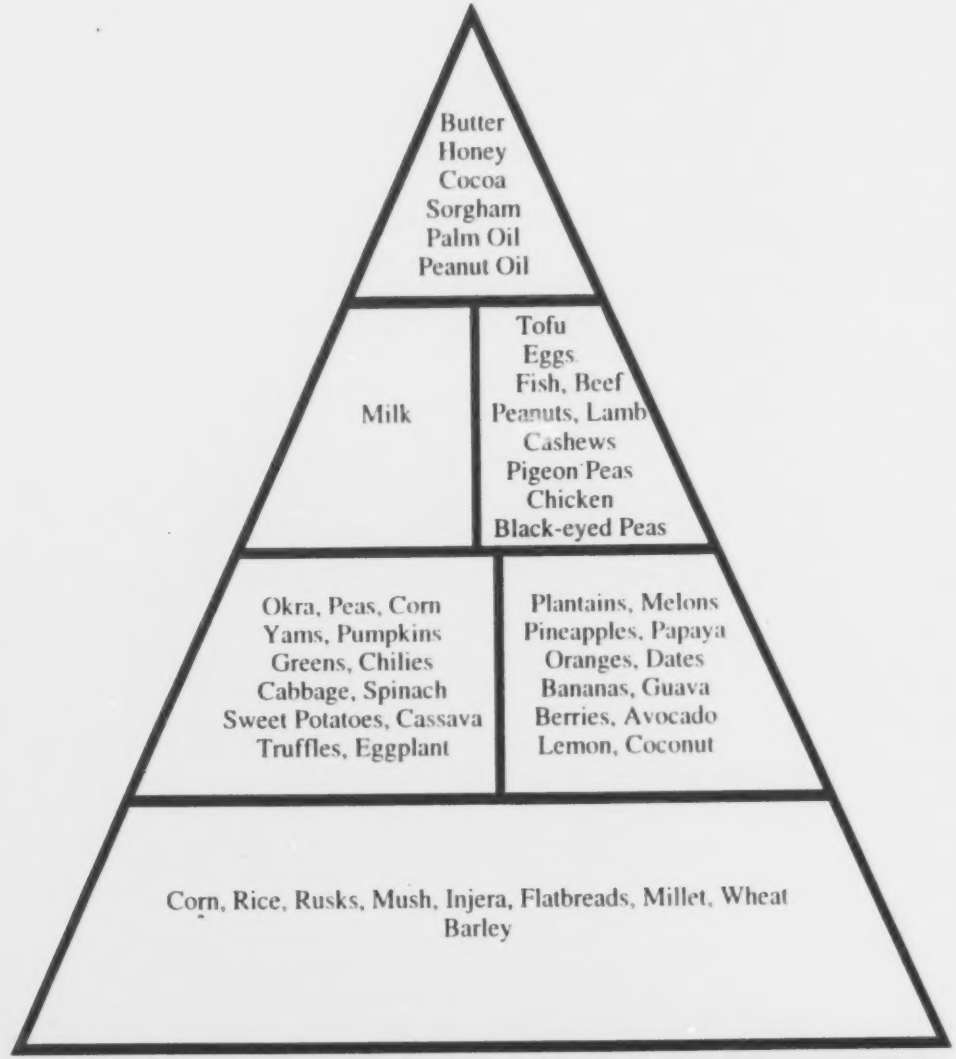
4. Discard cinnamon stick, add raisins and stir in sugar.

Makes 6 to 8 servings.

AFRICA - SOUTH OF THE SAHARA

Spices of Life

Nutmeg
Sesame
Red Peppers
Ginger
Garlic
Cumin
Mace
Cinnamon
Pepper
Cocoa
Cloves
Vanilla
Turmeric
Basil
Cardamin
Coriander



AFRICA - SOUTH OF THE SAHARA

Cafeteria Recipe

Doro Wat
(Ethiopian Chicken)

Ingredients	Amounts
Cut up chicken	40 lbs, 6 oz
Onions, chopped	3 lbs
Chicken stock	2 qt
Diced tomatoes	2 No. 10 cans
Ground ginger	1 Tbsp
Ground cinnamon	1 Tbsp
Ground red pepper	1 Tbsp
Cloves	1 Tbsp
Flour	8 oz
Water, cold	4 cups

Directions

1. Clean and pan chicken.
2. To prepare sauce, combine onions, chicken stock, diced tomatoes and seasonings. Thicken this mixture with flour mixed with cold water.
3. Pour this mixture over the chicken and bake in convection oven at 350 F for 30-40 minutes.

Yield: 100 servings

Meal pattern: 1 breast or 2 drum sticks provides 2 oz serving meat/ meat alternate

Nutritional Analysis: *146 calories, 13.8g protein, 6.6g carbohydrate, 6.7g fat, 1.7g saturated fat, 270mg sodium, 83 RE vitamin A, 9.1mg vitamin C, 25.8mg calcium, 1.1mg iron, .6g fiber*

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CAFETERIA MENUS

Regional Lunch

Doro Wat (Ethiopian Chicken)
Geelrys (African Yellow Rice w/ Raisins)
Yeogomen Kitfo (Chopped Greens)
Bananas
Multi-Grain Bread

Regional Breakfast

Yemarina Yewotet Dabo (Honey Bread)
Akwadu (Banana Coconut Bake)
or
Choice of Juice

Milk choices offered in each menu

AFRICA - SOUTH OF THE SAHARA

POINTS OF INTEREST

***Wat** is the spicy national dish of Ethiopia. It is commonly prepared with chicken (**doro wat**), but may also be made with meat, fish or vegetables. The meat or vegetables are simmered with hard-cooked eggs and lots of spices. **Wat** is poured over injera (flatbread) and eaten as "finger foods."*

Cafeteria Recipe

Geelrys
(Yellow Rice w/ Raisins)

Ingredients	Amounts
Uncooked long grain white rice	2 lbs
Boiling water	1 gal
Cinnamon	2 Tbsp
Turmeric	1 Tbsp
Yellow food coloring	1 tsp
Salt	1 Tbsp
Seedless raisins	5 cups

Directions

1. Blend rice and spices.
2. Cook according to directions.
3. Remove from heat; add raisins.
4. Stir rice with a spoon.
5. Fluff rice once again before serving.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving grains/breads

***Nutritional Analysis:** 55 calories, .89g protein, 13g carbohydrate, .11g fat, .02g saturated fat, 71mg sodium, 0 IU vitamin A, .28mg vitamin C, 8.2mg calcium, .6mg iron, .5g fiber*

AFRICA - SOUTH OF THE SAHARA

Cafeteria Recipe

Yemarina Yewotet Dabo
(Honey Bread)

Ingredients	Amounts
USDA Recipe B-19 E White Bread	(for 100 servings)
Cinnamon	4 Tbsp
Cloves, ground	2 Tbsp
Coriander, ground	1 Tbsp
Honey	1 cup

Directions

1. Prepare yeast bread according to directions, adding spices to dough.
2. Divide dough into 100 2-oz rolls and bake according to directions.
3. After baking, brush the rolls with honey while warm.

Yield: 100 servings

Meal pattern: 1 2-oz roll provides 2 servings grains/bread

Nutritional Analysis: *103 calories, 2.65g protein, 20g carbohydrate, 1.6g fat, .4g saturated fat, 146mg sodium, 0 RE vitamin A, .33mg vitamin C, 8.7mg calcium, 1mg iron, 1.2g fiber*

POINTS OF INTEREST

Injera *is the bread of Ethiopia. Somewhat like a thick pancake, injera batter is made from millet flour, poured onto a ceramic "griddle" and baked over an open fire. Most families make enough to last about 3 days at a time (about 25 pieces for a family of 3).*

Ethiopia

Cafeteria Recipe

Adwadu
(Banana-Coconut Bake)

Ingredients	Amounts
Bananas	100 servings
Margarine	3 cups
Orange juice	1 qt. 2 cups
Light brown sugar	4 cups
Shredded coconut	4 cups

Directions

1. Peel and quarter bananas.
2. Melt margarine. Add orange juice and brown sugar. Brush this mixture over the fruit.
3. Sprinkle on coconut. Bake at 350 F for 5 minutes or until coconut is golden and the fruit warm.

Yield: 100 servings

Meal Pattern: ½ cup provides 1 serving fruit

Nutritional Analysis: *174 calories, 1g protein, 29.2g carbohydrate, 7.1g fat, 2.4g saturated fat, 78mg sodium, 62 RE vitamin A, 12mg vitamin C, 15.7mg calcium, .52mg iron, 2g fiber*

RUSSIA & EURASIA

Classroom Ideas

- Learn the fundamentals of chess, a popular Russian game.
- Play *Fruit Basket Upset*. Students are assigned names of fruits common to the region. All fruits are recorded on a master list. A caller names one of the fruits, and those two exchange seats. When the caller says, "Fruit basket upset!", everyone finds a new seat.
- Collect pictures of Russian and Eurasian churches, such as St. Basil's. Display and describe patterns and architectural features. Using household materials, construct a church featuring the onion-shaped dome.
- Invite a ballet dancer to demonstrate and teach some ballet positions; learn some folk dances of the region.
- Listen to selections from *Swan Lake*, *Sleeping Beauty*, and *The Nutcracker*.
- Display sets of matryoshka dolls (nesting dolls), a popular collector's item.
- Create a set of matryoshka dolls by using cups of various sizes and decorating to resemble dolls.
- Display pictures of the balalaika, a Russian instrument that is a member of the guitar family. Construct one using cardboard and string.
- View the musical *Fiddler on the Roof* for a glimpse of some traditions of Russian Jews.

RUSSIA & EURASIA

Armenia
Azerbaijan
Estonia
Georgia
Kazakhstan
Kirghizstan
Latvia
Lithuania
Moldova
Russian Federation
Tajikistan
Turkmenistan
Ukraine
Uzbekhistan

RUSSIA & EURASIA

Classroom Ideas

- Play soccer, the most popular Russian sport.
- Make a salt dough sculpture of an animal or bird. Many Russians decorate their kitchen walls with dough sculptures.
- Study the works of famous Russian-born artists (e.g., Chagall, Kandinsky, or Tchaikovsky).

Nutrition Ideas

- Practice the Russian tradition of welcoming guests with bread dipped in salt.
- Create and sample a Russian bread basket including black rye and sweet rolls.
- Use label information to compare nutrients and dietary fiber in various breads.
- Set up a classroom bakery featuring Russian breads and cakes.
- Identify foods from the Russian food pyramid that are good sources of iron, vitamins A and C. What kinds of vegetables are popular in Russia and Eurasia? Which nutrients are easily obtained? Which nutrients are limited?

POINTS OF INTEREST

Russian grandmothers called ***babushkas*** *once entertained their grandchildren with stories and dolls. These wooden nesting dolls, call* ***matryoshka*** *were carved by grandfathers.*

RUSSIA & EURASIA

Nutrition Ideas

Study sources of protein in the Russian diet. Identify ways people of this region meet their protein requirements.

Grow some common root vegetables such as beets, potatoes, carrots, and radishes.

Have a potato tasting party. Serve potatoes (what Russians call "the second bread") in a variety ways: soups, salads, casseroles, and desserts.

Party Ideas

Easter Celebration

* Decorate plastic eggs with sequins, beads, ribbon, and yarn to resemble the Faberge eggs. Peter Faberge created ornate jeweled eggs for Russian royalty.
* Make a colored eggshell mosaic. Draw a simple design on cardboard and fill in with dyed egg shells.
* Make an egg tree with the decorated eggs.
* Invite a speaker to demonstrate Ukranian egg decorating.
* Have an egg toss.
* Make egg-shaped books of facts about eggs, Russia, or Easter celebrations.
* Make a set of matroyshka dolls using various sizes of plastic eggs.
* Play *Eggs-clude*, a game similar to *Hot Potato*. When the music stops, whoever is holding the egg is excluded. Play continues until only one player is left.
* Serve egg salad, fruit, and miniature loaves of bread.

POINTS OF INTEREST

Extreme variations in climate affect what people in this region eat. Root crops are grown in the cold North, with a greater variety of vegetables and fruits available in the South. Cooking reflects a blend of cultures, particularly influenced by European chefs who were brought to the region by Russian nobility. Specialities include ***smetana*** *(sour milk) and black bread. In some regions, tomatoes and cucumbers are served with almost every meal.*

Classroom Recipe

Apple Kisel

2 pounds apples, peeled and chopped
3 cups cold water
½ cup sugar
1 tablespoon cornstarch
1 tablespoon water

1. Boil fruit in water for about 15 minutes. Cool slightly and force through a sieve.
2. Combine cornstarch and cold water in a small bowl.
3. Blend sugar and cornstarch into fruit.
4. Cook 2 to 3 minutes until thick.
5. Pour into dessert cups and refrigerate.

Makes 12 servings.

RUSSIA & EURASIA

Classroom Recipe

Borshch

1 ½ pounds soup beef
4 quarts water
1 bay leaf
6 peppercorns
½ cup parsley, chopped
2 cups carrots, diced
2 cups celery, diced
7 beets, cooked and unpeeled
1 tablespoon flour
1 cup shredded cabbage
2 large onions, diced
3 large potatoes, diced
2 tablespoons tomato paste
1 tablespoon vinegar
1 teaspoon sugar
1 clove garlic
light sour cream (optional)

1. Bring soup meat and water to a boil.
2. Add bay leaf, peppercorns, parsley, carrots, celery, and garlic.
3. Cover and simmer 1 ½ hours.
4. Peel and cut beets into small strips and add to soup.
5. Add cabbage, onions, potatoes, tomato paste, vinegar, sugar; let simmer slowly 1 hour.
6. Prepare thickening by combining flour with a small amount of cold water. Add to soup, stirring constantly.
7. Salt to taste.
8. Serve hot with light sour cream.

Makes 8-12 servings.

TIMES TO CELEBRATE

★ June 1 - Children's Day in Russia

POINTS OF INTEREST

The most popular soup of Russia, ***borshch or borscht****, originated in the Ukraine. Served with plenty of black bread, this hearty soup makes a warm meal during cold winters.*

Ukraine

Classroom Recipe

Kasha

2 tablespoons butter
2 tablespoons olive oil
1 large onion, chopped
1 teaspoon garlic, chopped
1 cup kasha
1/4 teaspoon pepper
2 cups canned chicken broth

1. Heat chicken broth to boiling.
2. Heat oil in another saucepan; saute onions and garlic about 5 minutes.
3. Add kasha to onions and garlic; cook, stirring constantly over low heat for 2 minutes.
4. Add hot broth to kasha; cook over very low heat until all liquid is absorbed, about 12 minutes.
5. Remove from heat, fluff with fork and let rest, partially covered, for 10 minutes. Fluff and serve.

Makes 8 servings.

Classroom Recipe

Pannkooged
(Dessert Pancakes)

1 1/4 cup all-purpose flour
1 ½ teaspoon baking soda
1 teaspoon sugar
1 egg, beaten
1 1/3 cups buttermilk
2 tablespoons margarine, melted
berry preserves

1. Mix flour, sugar, and baking soda.
2. In separate bowl combine beaten egg, buttermilk, and margarine.
3. Add liquid mixture to dry ingredients; stir until moistened.
4. Using 1/4 cup batter for each pancake; bake on hot griddle until brown; turn once.
5. Serve with berry preserves.

Makes 8 to 10 pancakes.

Classroom Recipe

Pickled Mushrooms

1 cup red wine vinegar
2 cloves
½ cup cold water
5 whole peppercorns
½ bay leaf
2 teaspoons salt
2 cloves garlic, crushed
1 pound small mushrooms, washed and trimmed
1 tablespoon vegetable oil

1. Combine wine vinegar, cloves, water, peppercorns, bay leaf, and garlic in stainless steel pan.
2. Bring to a boil over high heat. Drop in mushrooms and reduce heat to low.
3. Simmer for 10 minutes, then cool.
4. Remove garlic and pour contents into a quart jar.
5. Pour vegetable oil over top.
6. Cover jar and refrigerate up to one week.

Makes 6 to 8 servings.

RUSSIA & EURASIA

Classroom Recipe

Siberian Meat Pies

2 cans refrigerator biscuits
1 teaspoon vegetable oil
½ cup onions, finely chopped
8 ounces lean ground beef
1/4 teaspoon salt
½ cup tomato sauce
½ teaspoon black pepper

1. Heat oil over medium heat. Add onions, meat, salt, pepper; cook until onions are transparent. Drain fat. Add tomato sauce.

2. Spoon 1 teaspoon meat filling into flattened biscuit. Fold over biscuit and seal edges with fork.

3. Bake 12 minutes at 350 F.

Makes 20 servings.

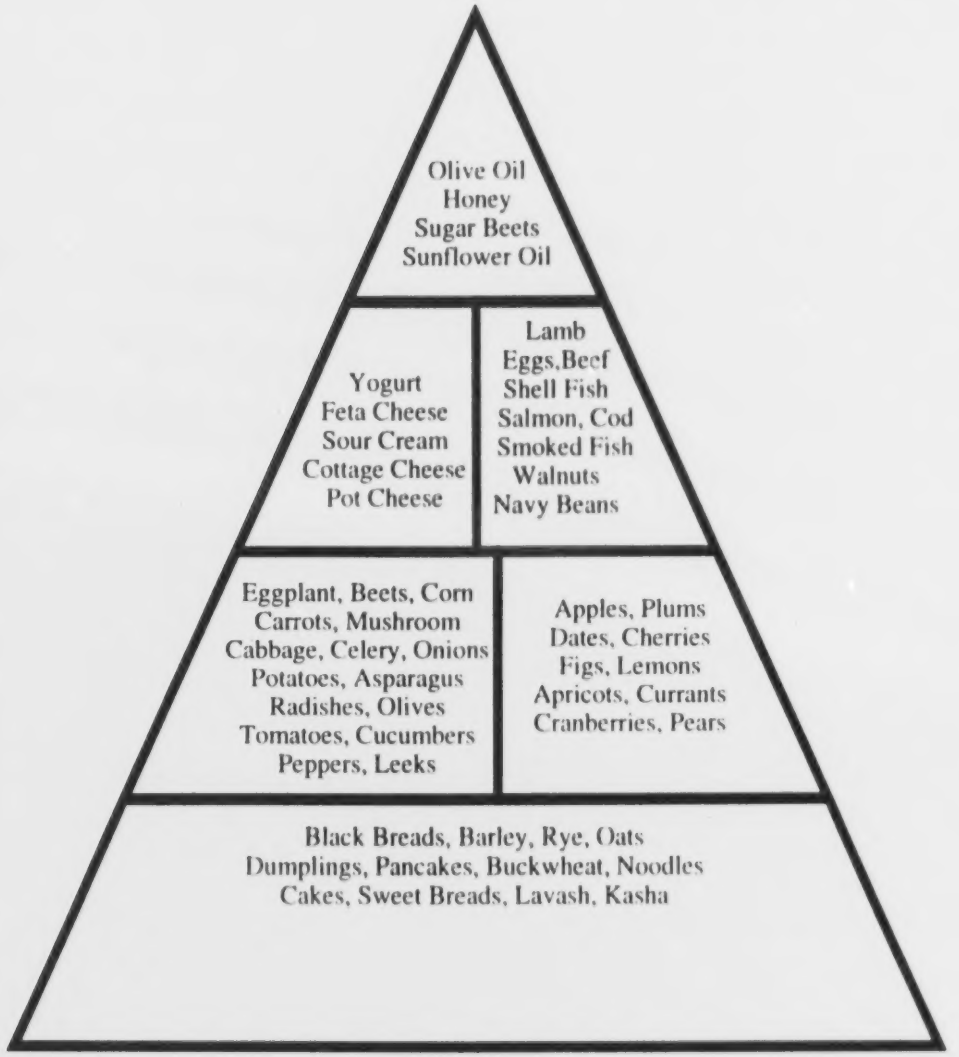
POINTS OF INTEREST

The ancient Russian custom of men only cooking still prevails today. In many villages, the men prepare ***mtswadi****, grilled meats, for large parties, and holiday and wedding feasts. Young boys are taught to cook as soon as they can handle a knife.*

RUSSIA & EURASIA

Spices of Life

Garlic
Dill
Caraway
Celery Root
Parsley
Mustard
Poppy Seeds
Fennel Seeds
Paprika



RUSSIA & EURASIA

Cafeteria Recipe

Cotletki
(Fried Meat Patties)

Ingredients	Amounts
USDA Recipe D-33	
Salisbury Steak	100 servings
Sour cream	3 cups

Directions

1. Prepare according to recipe and add sour cream to gravy.

Yield: 100 servings

Meal pattern: 1 portion provides 2 oz serving meat/ meat alternate

Nutritional Analysis: *212 calories, 17g protein, 6g carbohydrate, 12.6g fat, 5.4g saturated fat, 64mg sodium, 27 RE vitamin A, .79mg vitamin C, 26mg calcium, 1.8mg iron, .9g fiber*

CAFETERIA MENUS

Russian Lunch

Cotletki
Dilled Potatoes
Garden Salad
Black Bread
**Sharlotka*

Russian Breakfast

Blini
Sausage Link
Plums or Juice

Milk choices offered in each menu

*** USDA School Recipe**

Apple Crisp C-2

Cafeteria Recipe

Dilled Potatoes

Ingredients	Amounts
Potatoes, canned	5 No. 10 cans
Margarine, melted	1 cup
Dried dill	3/4 cup

Directions

1. Combine melted margarine and dried dill.
2. Toss potatoes with margarine mixture.
3. Heat, according to directions.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving vegetable

Nutritional Analysis: *78 calories, 1.5g protein, 14g carbohydrate, 2g fat, .4g saturated fat, 284mg sodium, 14 RE vitamin A, 5.2mg vitamin C, 12mg calcium, 1.5mg iron, .34g fiber*

RUSSIA & EURASIA

Cafeteria Recipe

Russian Garden Salad

Ingredients	Amounts
Tossed salad	100 servings
Dressing:	
Plain yogurt	6 cups
Sour cream	1 ½ cups
Sugar, granulated	3/4 cup
Dried dill	3/4 cup
Salt	2 tsp
Black pepper	2 tsp

Directions

1. Prepare regular tossed salad that includes radishes and cucumbers for a Russian flair.
2. Mix dressing ingredients well. Chill. Toss dressing with green salad just before serving.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving vegetable

Nutritional Analysis: *36 calories, 1.5g protein, 5.5g carbohydrate, 1.4g fat, .7g saturated fat, 68mg sodium, 48 RE vitamin A, 11.4mg vitamin C, 46mg calcium, .61mg iron, 1.4g fiber*

Cafeteria Recipe

Blini
(Pancakes)

Ingredients	**Amounts**
USDA Recipe B-13 Pancakes	100 servings

Toppings:

- Jellies
- Sour cream
- Honey
- Syrup

Directions

1. Make pancakes according to directions.
2. Serve with a variety of toppings.

Yield: 100 servings

Meal pattern: 1 pancake provides 1 serving grains/breads

Nutritional Analysis: *129 calories, 3g protein, 16g carbohydrate, 5g fat, N/A g saturated fat, 191mg sodium, 13 RE vitamin A, .1mg vitamin C, 44mg calcium, .7mg iron, N/A g fiber*

EAST & SOUTHEAST ASIA

Classroom Ideas

Introduce tapatan, a Filipino version of *Tic-Tac-Toe*. Players use three markers. Take turns placing one marker on any intersecting point on a square gameboard marked off eight equal sections (use diagonal and perpendicular lines). If no players had three in a row, each player takes a turn moving pieces along the lines to an empty intersection. First player to get three in a row wins.

Make a Vietnamese dragon using a paper cup, a straw, accordion folded construction paper, and other materials.

Research monsoons. Graph the amount of rainfall during a year in this region.

Play *Catch a Carp's Tail*. Each group of players form a single line with hands on the hips of the player in front. The first player (the head of the carp) tries to tag the last player in line. When tagged, the last player moves to the head position and the game begins again.

Make scented oranges or apples by inserting cloves into them. (Cloves are a popular spice of the region.)

Play *Hiding the Stone*. Divide into two teams. Sit in two single file parallel lines with legs extended and barely touching the back of the player in front. One player hides the stone under the knees of a teammate, after pretending to hide it under several others. The first player on the opposing team tries to guess where it is hidden. If correct, the player who hid the stone joins his/her team. If incorrect, the guesser joins the other team. At the end, the team with the most players wins.

Brunei
Burma
Cambodia (Kampuchea)
China
Indonesia
Japan
North Korea
South Korea
Laos
Malaysia
Mongolia
Philippines
Singapore
Taiwan
Thailand
Vietnam

POINTS OF INTEREST

Cooking traditions of this region are some of the oldest in the world. Food is traditional, economical and delicious. Nothing is wasted since a limited food supply feeds the world's largest population. Small amounts of pork, poultry or fish are combined with grains and vegetables to provide a balanced diet. Because of fuel shortages, much time is spent on food preparation and minimum time on cooking. Celebrations feature many side dishes presented with great artistry.

Classroom Ideas

Design a story cloth. Using pieces of fabric, cut, arrange, and sew or glue together to form a picture.

Use the Chinese zodiac to find the animal that matches each student's birth year. Write a description and compare that animal's characteristics to their own.

Make a paper fan decorated with Asian designs.

Create a kokeshi doll. Glue an aluminum foil ball to a toilet paper roll and cover with papier-mache. When dry, paint, add facial features, a paper kimona, and sash.

Learn and practice the proper technique for using chopsticks. Research which countries in this region use chopsticks.

Study pandas (an endangered species found in this region). Make a panda-shaped book to record facts.

Invite martial artists (karate, judo, jujitsu, etc.) to demonstrate movements and maneuvers. Teach *The Lion Dance* or have it demonstrated.

Have a kite making or kite flying contest.

Cut out tangram patterns and practice making designs.

Research Confucius and write your own Confucian sayings.

EAST & SOUTHEAST ASIA

Classroom Ideas

Go on a treasure hunt at home for items made in countries from this region.

Create Ming Dynasty style ceramics using self-drying clay painted with blue and white tempera paint.

Produce your own version of Chinese inspired music by playing only on the black piano keys.

Write Japanese poetry using the haiku or tanka form.

Make paper cranes. According to an old Japanese legend, if you are ill and make 1000 paper cranes you will get well.

Compare the Japanese monetary system (yen) to our monetary system (dollar).

Make daruma dolls that always return to an upright position when tipped over, symbolizing one's ability to bounce back after a misfortune. Pour a small amount of plaster of paris into the bottom of a plastic egg, glue on top, and decorate.

Have a karaoke contest.

Have *Undokai*, or a Japanese field day. One traditional game is *Mukade Kyoso* (mukade means "centipede" and kyoso means "to complete"). Two teams of five players each use a long cloth strip to tie together their right ankles. The object is to move together in rhythm to a designated point before the other team.

Party Ideas

Southeast Asian Solar New Year

* Clean the classroom with a mixture of a perfumed cleaning agent and water. Students wear something new, if possible.

* Write in a journal any wrongs committed against others and brainstorm ways to correct them. Students who wish may share entries. (This is the time Southeast Asians right any old wrongs.)

* Play water games. For example, in relay teams, use a spoon to fill a bucket. Or, have a spelling bee in which students use wet sponges to write words on a chalkboard.

* Serve foods from the region such as, rice, tea, or seafood.

POINTS OF INTEREST

Why don't traditional Chinese dishes include cheese or milk? Milk animals are not raised in China. Many Asian people today are unable to digest milk (lactose intolerant).

Classroom Ideas

- Play Filipino games such as *Pinko* (Hop Scotch), or Hide and Seek ("it" is called *Taguan*). Jump rope.

Nutrition Ideas

- Study the effects of stir-fry cooking on diet and health.
- Research regional availability and nutrients supplied by fish. Have a tasting party and compare color, texture, and flavor.
- Discuss the importance of grain foods to the diet of the region's people. What effect does a high-carbohydrate, low fat diet have on health?
- Research ways people receive calcium since milk is not abundant in this region.
- Use nutrient comparison cards or nutrient lists to illustrate East and Southeast Asian foods low in fat and high in fiber.
- Grow bean sprouts. Keep a daily journal of growth and then use them in a tasting party.
- Compare nutrients in tofu, or other soybean products, to beef or turkey. Make recipes using tofu.

EAST & SOUTHEAST ASIA

Nutrition Ideas

Make an American-Asian food dictionary. Brainstorm foods from both cultures. Ask local residents with Asian ancestry for suggestions.

Display various types of mushrooms. Discuss shapes, sizes, colors, textures, nutritional content, and availability. Conduct a cooking demonstration noting the changes.

Compare whole grain rice to refined rice.

Study the differences in food preparation using a wok versus a frying pan (amount of oil, crispness, time, appearance, taste).

Create a lavish edible centerpiece using vegetables and herbs common to Thailand. Consult cookbooks for ideas.

Use models, art supplies, or real food items to practice artistic presentation of food. Presentation is very important in Japanese cooking.

Party Ideas

Korean Celebration of the Alphabet

* Celebrate the birthday of the alphabet as Koreans do. Children do not have classes, but participate in calligraphy contests.

* Practice writing various letters and designs using a calligraphy pen or marker. Have several contests for neatness, originality, conformity, and most improved.

* Serve alphabet soup or pasta, alphabet cereal, or if you are really ambitious, display and taste one food beginning with each letter of the alphabet.

China

POINTS OF INTEREST

In Chinese homes, the wall above the oven is reserved for a picture of the kitchen god. Each new year his lips are sealed with honey, so only words of sweetness will be delivered to heaven.

Classroom Recipe

Chicken *Adobo*

1 whole chicken, cut in parts
6 garlic cloves, minced
2 bay leaves
1 teaspoon black pepper
½ cup white vinegar
1/4 cup light soy sauce

1. Clean and skin chicken parts. Place in Dutch oven or large saucepan.
2. Combine all other ingredients; pour over chicken.
3. Cover and cook chicken on medium until tender, about 30-40 minutes.
4. Remove cover and continue to cook until broth is somewhat reduced.

Makes 6 servings.

Classroom Recipe

Egg Drop Soup

3 16-ounce cans chicken broth
3 tablespoons green onions, chopped
1/4 cup mushrooms, sliced
2 eggs, beaten

1. Bring broth to a boil.
2. Lower heat adding green onions and mushrooms.
3. Pour eggs in slowly while stirring soup.
4. Remove from heat and serve immediately.

Makes 8 servings.

Party Ideas

Southeast Asian Moon Festival

* Plan a *Moon Festival* (a harvest festival in mid-autumn on the fifteenth day of the eighth lunar month, usually in September or October).
* Make and display paper lanterns in different shapes.
* Cover bulletin boards with black paper, add student-made stars and a large, bright moon.
* Serve moon cakes. (Small, round, filled cakes will substitute for the traditional recipe.)
* Wear traditional costumes, and tell stories that pertain to the moon.

Classroom Recipe

Indonesian Watermelon Soup

1 pound watermelon rind, light green portion, peeled
1 teaspoon vegetable oil
1 yellow onion, thinly sliced
3 garlic cloves, crushed
6 green onions, chopped (reserve tops)
2 celery stalks, diced
2 chicken breasts, cut in strips
6 cups chicken stock
1 teaspoon ground ginger
salt and pepper (to taste)
1 medium tomato, chopped

1. Grate watermelon rind or cut into small pieces.

2. In a skillet or wok, stir-fry garlic in oil; add onions (not tops) and celery; add chicken.

3. Place stir-fried vegetables, and chicken in a large pan. Add watermelon rind, chicken stock and ginger; salt and pepper to taste. Simmer until rind is tender.

4. Add tomato and green onion tops. Cook 10 minutes more and serve.

Makes 6 servings.

Classroom Recipe

Korean Fish Fillet

2 eggs, beaten
1/4 teaspoon salt
dash of black pepper
1/8 teaspoon garlic, minced
2 green onions, finely chopped
1 cup fish fillets, chopped
vegetable oil

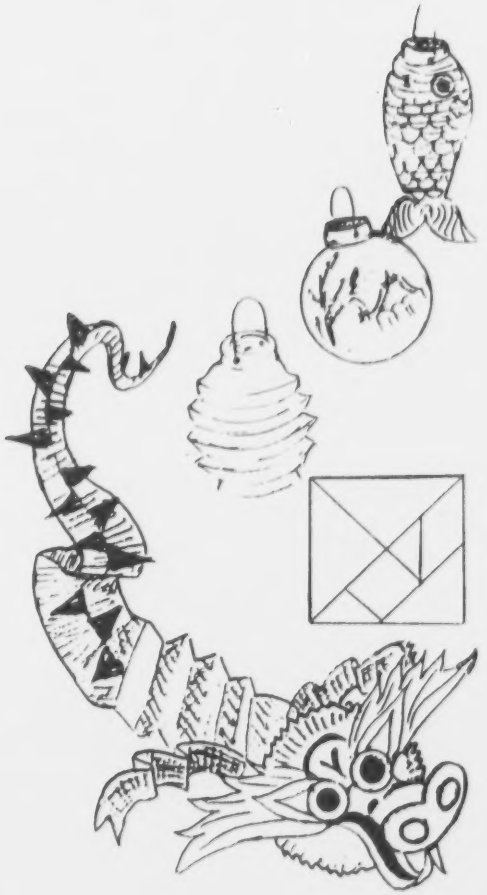
1. Mix eggs, salt, pepper, garlic, onions, and fish in a bowl.
2. Heat 1 tablespoon oil on high for 1 minute in a wok or frying pan.
3. Fry a tablespoon of the fish mixture in oil for 2 minutes on each side or until starting to turn brown. Continue to fry in 1 tablespoon quantities, adding oil if needed.
4. Serve hot with soy sauce and rice.

Makes 4 dinner-size servings.

Party Ideas

Chinese New Year

* Begin by "sweeping out the old year" and give the classroom a thorough cleaning. Reward students with apple and orange slices. (Apples symbolize good luck for the New Year and both symbolize the Chinese colors of joy.)
* Cover classroom door with red paper to keep out evil spirits.
* Gather or make safe noisemakers. Make loudnoises for 60 seconds to scare away evil spirits. (Be considerate of other classes, perhaps this would be a good outside activity.)
* Hand out red envelopes with "good luck money" for the New Year.
* Make scrolls painted with the Chinese characters for *Gung Hay Fat Choy* (Happy New Year).
* Serve stir-fry vegetables, rice, fresh fruit, and fortune cookies. Try using chopsticks.
* Create nutrition messages for fortune cookies (e.g., "If you eat 5 fruits and vegetables daily, you will be a healthier person.")



Classroom Recipe

Mooncakes

3 ½ cups all-purpose flour
½ teaspoon salt
½ cup margarine
½ cup shortening
3/4 cup sugar
2 eggs
1 teaspoon vanilla extract
fruit spreads

1. Sift the flour and salt, set aside.
2. Cream margarine, shortening sugar together until fluffy.
3. Add whole eggs, one at a time, beating well after each addition.
4. Add vanilla.
5. Add and mix the flour.
6. Roll to a thickness of about 1/8 inch on a floured board. Cut with cookie cutter into 2 ½ inch circles.
7. Place half of the circles on ungreased cookie sheets, top with a teaspoon of fruit and place the remaining cookie circles on top of the spread.
8. Seal together with a fork and prick the tops.
9. Bake at 350 F for about 10 minutes.

Makes 18-24 cookies.

Note: *For easy Mooncakes, use refrigerated sugar cookie dough available in the dairy case of most groceries.*

Classroom Recipe

Oriental Oranges

oranges
rose water
cinnamon

1. Peel whole or sliced oranges.
2. If desired, drizzle with rose water.
3. Sprinkle with cinnamon.

Prepare one orange per serving.

Party Ideas

Japanese Tea Ceremony

* Decorate the classroom like a tea house with simple paintings and flower arrangements.
* Create 6' x 3' Japanese *tatami* mats to cover the classroom floor. Have students remove shoes before entering, and sit on large cushions on the floor.
* Girls dress in kimonos and carry fans.
* Display tea and the various serving utensils.
* Have a tasting party of teas and a light meal of rice and fruit.

Thailand

Classroom Recipe

Southeastern Fruit Salad

1 28-ounce can peaches, diced
1 cantaloupe, cleaned and cut in chunks
1 14-ounce can pineapple tidbits
1 14-ounce can mandarin oranges
3 bananas, sliced
3 apples, chopped
1 8-ounce package light cream cheese, softened
1 can low-fat sweetened condensed milk

1. Combine softened cream cheese and sweetened milk.
2. Prepare fresh fruit and drain canned fruits.
3. Toss fruits with cream cheese mixture. Chill until served.

Makes 18 servings.

Classroom Recipe

Thai Fried Rice

3/4 cup carrots, diced
1/2 cup green pepper, cut in strips
3/4 cup frozen peas, thawed
1/2 cup bean sprouts
1/4 cup vegetable oil
1 teaspoon ground ginger
2 garlic cloves, minced
6 cups cold cooked rice
2 eggs, beaten
1 tablespoon chili paste
(or 2 tiny chilies, diced)
2 tablespoons light soy sauce
2 tablespoons lime juice

1. Heat oil in a wok or large skillet. Stir-fry vegetables with ginger and garlic. Remove to a bowl.

2. Add cooked rice to wok, stir in eggs until cooked.

3. Add vegetable mixture to rice. Mix in chili paste, soy sauce and lime juice.

Make 6 servings.

Party Ideas

Vietnamese New Year (Tet)

* Clean the room and decorate with plum blossoms made of paper, and festive dragons.

* Gather pictures of family members and create a collage. (The Vietnamese believe it is important for families to be together at this time.)

* Write poems, called *cau doi* to express the desire to be home and with family.

* Distribute to students small red envelopes with money in them.

* Practice giving compliments to others. This is a time when everyone must be polite.

* Perform or watch the dragon dance.

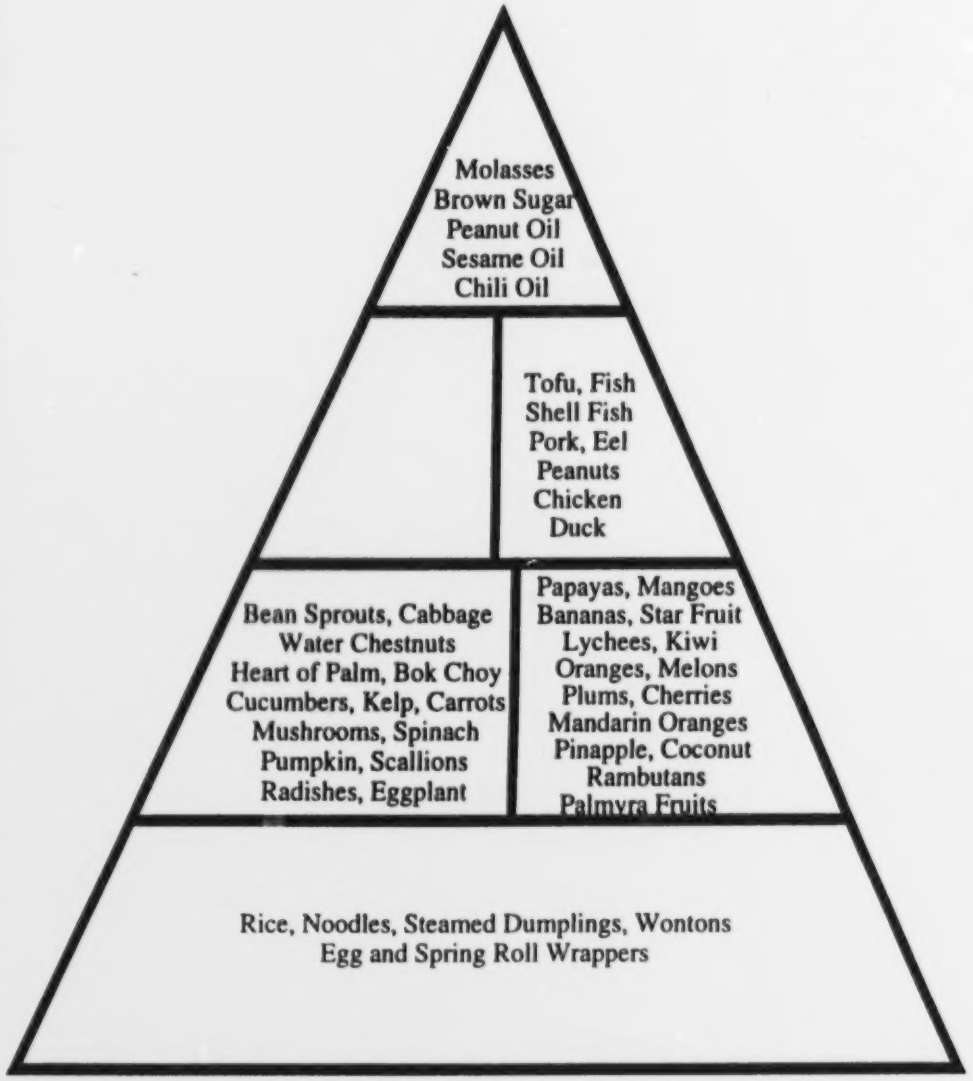
* Make signs that say, *Chuc Mung Nam Moi!*, or "Happy New Year".

* Serve noodles and bits of meat, mangoes and papayas, rice cakes, and tea.

EAST AND SOUTHEAST ASIA

Spices of Life

Garlic
Bay Leaves
Soy Sauce
Chili Paste
Ginger
Basil
Cilantro
Cumin
Mace
Cloves
Lemon Grass
Sesame Seeds
Vinegar



EAST & SOUTHEAST ASIA

Cafeteria Recipe

Mandarin Fruit Cup

Ingredients	Amounts
Mandarin oranges, drained	3 ½ No. 10 cans
Coconut, shredded	2 lbs
Pineapple chunks, drained	3 No.10 cans

Directions

1. Combine fruit and coconut.
2. Chill.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving fruit

Nutritional Analysis: *84 calories, .9g protein, 14.5g carbohydrate, 3.2g fat, 2.8g saturated fat, 27mg sodium, 1 RE vitamin A, 4.4mg vitamin C, 9.86mg calcium, .41mg iron, .82g fiber*

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CAFETERIA MENUS

Chinese Lunch

*Stir-Fry Chicken
w/ Oriental Vegetables
Steamed Rice
Mandarin Fruit Cup
Fortune Cookie

Japanese Lunch

Beef Teriyaki
Steamed Rice
Broccoli and Carrots
Orange and Mango Sections

Thai Lunch

Thai Meat *Satay*
w/ Peanut Dipping Sauce
Baked Sweet Potato
Steamed Rice
Roll
Fruit Salad

Milk choices offered in each menu

***USDA School Recipe**

Stir-Fry Chicken w/Oriental Vegetables D-39

Korea

Cafeteria Recipe

Beef Teriyaki

Ingredients	Amounts
Beef fingers	100-2 oz portions
USDA Recipe G-12 Teriyaki Sauce	(for 100 servings)

Directions

1. Prepare beef fingers according to package directions.
2. Serve 2 Tbsp teriyaki sauce with each portion.

Yield: 100 servings

Meal pattern: 1 portion provides 2 oz serving meat/meat alternate

Nutritional Analysis for Sauce: *37 calories, 1g protein, 9g carbohydrate, .1g fat, 0g saturated fat, 497mg sodium, 22 RE vitamin A, 3mg vitamin C, 9mg calcium, .4mg iron, 0g fiber*

EAST & SOUTHEAST ASIA

Cafeteria Recipe

Thai Meat *Satay* w/Peanut Sauce

Ingredients	Amounts
Beef fingers	100- 2oz servings
Peanut butter	6 1/4 cups
Lemon juice	2 1/4 cups
Sugar	2 1/4 cups
Soy sauce	1 3/4 cups
Ground ginger	1 Tbsp
Garlic, minced	2 Tbsp
Red pepper	2 Tbsp
Water	2 cups

Directions

Sauce

1. In a mixer, combine all ingredients except water and meat.
2. Mix on low speed. Gradually add water. The consistency should be that of a dipping sauce. More water may be added gradually if needed.
3. Serve 2 Tbsp sauce with each beef finger portion.

Yield: 100 servings

Meal pattern: 1 portion provides 2 oz serving meat/meat alternate

Nutritional Analysis for sauce: *114 calories, 4.1g protein, 8.8g carbohydrate, 7.5g fat, 1.5g saturated fat, 290mg sodium, 9 RE vitamin A, 2.6mg vitamin C, 7mg calcium, .89mg iron, .43g fiber*

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Times to Celebrate

- ★ September/October - (15th day of the 8th lunar month) Chinese Mid-Autumn Festival (*Chu-Sok*), Korean Harvest Moon Festival (*Tet Trung Thu*), Vietnamese Autumn Moon Festival
- ★ December 8 - Japanese celebration of Buddha's Enlightenment
- ★ January 21 - February 20 or January 1 - Korean New Year (*Sol-Nal*) , Chinese New Year (*Sun Nin*), Vietnamese New Year (*Tet*)
- ★ April 8 or May - Celebration of Buddha's birth/death (*Vesak*)
- ★ April 13 or 14 - Solar New Year in Southeast Asia
- ★ May 5 - Children's Day in Japan and South Korea

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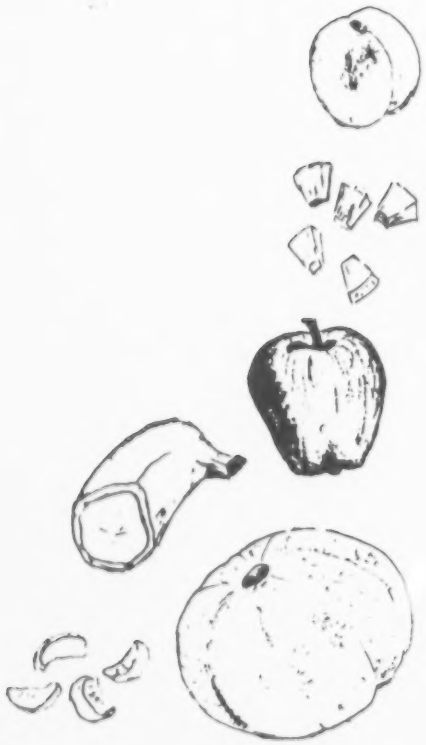


Cafeteria Recipe

Fruit Salad

Ingredients	Amounts
Choose from the following fresh fruit:	
pineapple chunks, strawberries, cantaloupe chunks, honeydew chunks, sliced kiwi, or sliced bananas	fruit to serve 100 ½-cup servings
Shredded coconut	3 lbs

Directions

1. Prepare fruit.
2. Add coconut and mix well.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving fruit

Nutritional Analysis: *Varies with fruit choices*

SOUTH ASIA

Classroom Ideas

Decorate the classroom with rugs, a statue of Buddha, silk, baskets, and brass accessories.

Dress in traditional clothing of the region. Girls wear a veil all day, boys wear turbans.

Mark off a 9' x 9' square with tape. Have one student stand in the square. Explain that this is the ratio of people per square mile in India (633/1 sq. mi. The U.S. is 68/1). Discuss population density.

Set up a caste system in the classroom for a day.

Play a recorder and charm a "snake" out of a basket.

Practice walking while balancing a basket on your head.

Arrange a "marriage."

Ride a bicycle through an obstacle course (around "cows, carts, animals, etc.").

Construct a tessellation (repeated pattern) used in many designs from the region.

Create an Islamic design. (These designs have no images of beings, but are geometric designs, calligraphy, or floral patterns.)

Design frescoes (paintings on plaster).

SOUTH ASIA

Afghanistan
Bangladesh
Bhutan
India
Maldives
Nepal
Pakistan
Sri Lanka

SOUTH ASIA

Classroom Ideas

- Create a mosaic of "jewels" (colored glass or plastic shapes) in white "marble" (plaster of Paris). (The Taj Mahal is made of white marble and decorated with inlaid floral patterns and passages from the Koran. It was a gift from Indian ruler Shah Jahan for his favorite wife.)
- Design your own "Taj Mahal" as a gift for someone special.
- Try fabric painting with indian designs.
- Make soap sculptures. Carve an imitation "ivory" elephant.
- Grow seeds in variable conditions (e.g., temperature, water, nutrients, sunlight). Discuss agricultural problems for this region.
- Weave baskets. Invite a local basket maker or craftsperson to demonstrate.
- Write a chain tale in which each event is linked to the next as in a chain. An example would be "I Know an Old Lady Who Swallowed a Fly." Finish each tale with the South Asian ending, "They are there, and we are here."
- Design a crayon batik.
- Write alliterative sentences descriptive of the region, such as, "Chanda cooks couscous."
- Practice some yoga positions, or invite someone to demonstrate

POINTS OF INTEREST

South Asia represents a civilization thousands of years old. The large geographic region has many cultures and languages. Many eating and cooking habits can be traced to dietary "laws" of this region's major religions, Hindu and Moslem. Many people are vegetarians and rely on lentils and yogurt for protein. Indian meals often include assortments of highly seasoned foods, such as meat, vegetables, rice or lentils, pickles or ***chutney****, and flatbreads. In northern regions, food is milder and sweeter.*

SOUTH ASIA

Nutrition Ideas

Measure proportions of dry versus cooked rice.

Sort and classify beans, peas, and lentils. How does the nutrition of these legumes compare?

Match spices and herbs common to the region with their names (cardamon, cumin, cloves, turmeric, paprika, cinnamon, coriander, mint, and bay leaves).

Learn how spices played a role in this region's history.

Taste plain yogurt. If available, use a yogurt machine to make your own. (This is an important ingredient in North Indian cooking.)

Make an ABC book. On a page place pictures or drawings of foods from the region that begin with a different letter of the alphabet.

Identify different types of vegetarian diets. Which ones are commonly practiced in this region? Plan vegetarian meals for one day. (Most Indians do not eat meat.)

Have a tasting party of *chapatis* (flatbread), spiced vegetables, and fruit.

Investigate customs associated with meal service and eating.

Party Ideas

Divali - The Hindu New Year

* Make dipa lights and place them around the classroom.
* Clean the classroom to simulate preparation for Lakshmi's coming (goddess of good fortune).
* Create a "floor" painting. In small groups, pencil a design on poster board and fill in with grains, small beans, flour, colored sand, or powders.
* Wear lots of jewelry and dress in finest clothes.
* Practice the art of hand painting. (May cover hands with plastic gloves.)
* Make a fireworks display by covering a bulletin board with black paper and glitter fireworks.
* Tie-dye cloth, then paint it with a tessallation (repeated design), and wear as a sari.
* Serve rice and assorted raitas, chutneys or finely chopped vegetable relishes served on individual trays for each person. Dine on the floor and eat with your fingers. (Right hand only).

India

Classroom Recipe

Chapatis
(Flatbread)

2 cups whole wheat flour
2 cups all-purpose flour
1 teaspoon salt
1 ½ cups lukewarm water
vegetable oil

1. Sift flours and salt together.
2. Add water.
3. Knead dough for 5 minutes or until smooth and elastic.
4. Cover and let stand for 30 minutes.
5. Divide dough into 16 balls and flatten them so that they resemble a thin pancake.
6. Heat ½ teaspoon vegetable oil on a griddle or skillet.
7. Fry each chapatis for about 1 minute on each side.
8. Serve with chutney, fruit spread, curry butter or raita.

Makes 16 serving.

SOUTH ASIA

Classroom Recipe

Chick Peas and Rice

1 cup onions, chopped
2 cloves garlic, chopped
1 chili, chopped
1 tablespoon oil
½ cup water
1 teaspoon *tamarind, concentrated
1 cup canned chopped tomatoes
1 teaspoon ground ginger
½ teaspoon salt
2 cups canned chick peas
cooked rice

1. Cook onions, garlic and chili in oil until tender and golden.

2. Combine hot water and tamarind concentrate in a small bowl.

3. Mix cooked vegetables, dissolved tamarind, tomatoes, ginger and salt in a blender until smooth.

4. Pour mixture in a nonstick saucepan; add chick peas and cook 30 minutes until dark and thick. Serve with rice.

Makes 8 small servings.

* **Tamarind is a spice made of pods from a tropical tree. Concentrates are available from specialty stores. Tamarind is high in vitamins and adds dark brown color and distinctive flavor.**

Times to Celebrate

- ★ November 14 - Children's Day in India
- ★ January 14 - *Pongol*, Indian Rice Harvest Festival
- ★ March - *Holi*, Indian Spring Festival

POINTS OF INTEREST

Yogurt in this region is made from buffalo milk which is richer, thicker and sweeter tasting than cow's milk. Indians use yogurt in drinks, thickeners, sauces, desserts, salads, or mixed with dried fruits and honey.

Classroom Recipe

Indian Yogurt and Banana Salad

1 tablespoon slivered blanched almonds
1 tablespoon seedless raisins
1 ½ cups plain yogurt
½ cup sour cream
4 teaspoons honey
1/8 teaspoon ground nutmeg
1 medium ripe banana, peeled and thinly sliced

1. Boil ½ cup water.
2. Add almonds and raisins to water and soak for 15 minutes, drain.
3. Mix the almonds and raisins with the yogurt, sour cream, honey, and nutmeg in a bowl.
4. Gently fold the bananas into yogurt mixture.
5. Cover and chill thoroughly.
6. Serve chilled.

Makes 6 servings.

SOUTH ASIA

Classroom Recipe

Raita
(Indian Dip)

1 medium tomato, diced
1 small cucumber, peeled and chopped
1 green onion, chopped
1 teaspoon mint, finely chopped
1/4 teaspoon ground cumin
1 ½ cups plain yogurt
salt and pepper to taste

1. Combine all ingredients. Chill for 1 hour or more.

2. Serve with flatbreads or spicy Indian dishes.

POINTS OF INTEREST

Chutneys *are relishes made of spices, herbs and fruits. They commonly accompany South Asian meals. An unusual version calls for red ants which are ground into a paste, spiced with chilies and then baked. This unique addition adds a sharp, clean taste to an already flavorful dish.*

SOUTH ASIA

Afghanistan

POINTS OF INTEREST

No other cuisine in the world uses as many spices and seasonings as this region's food. ***Curry****, the hallmark of Indian cuisine, is a combination of various herbs, seasonings and spices that range from peppery hot to mild.* ***Masala*** *is also a blend of spices used for seasoning. These too, are often hot and strong.*

Why do people in hot climates eat spicy foods? To cool off -- spicy foods cause an increase in perspiration which in turn cools the body.

Classroom Recipe

Spiced Nuts

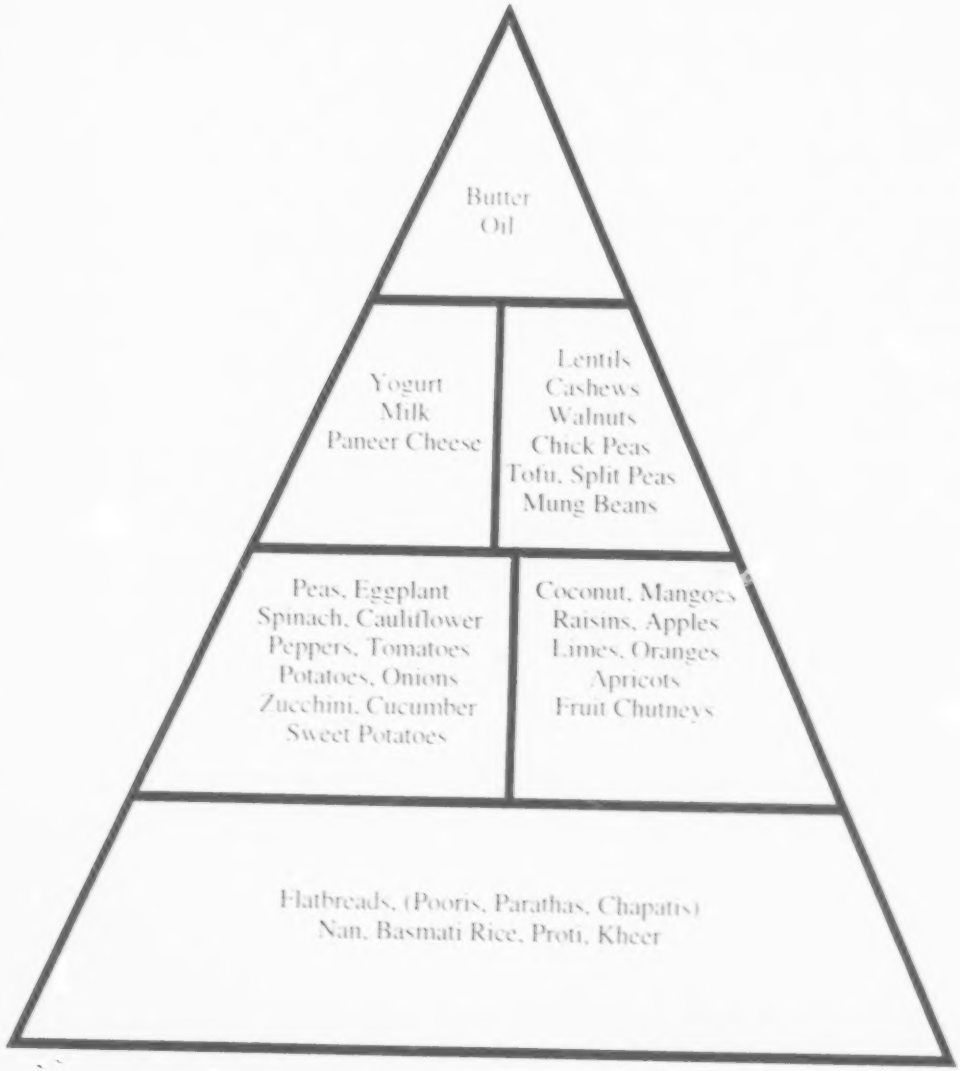
8 ounces roasted peanuts
2 tablespoons peanut oil
1 tablespoon minced fresh ginger
1 tablespoon minced garlic
2 tablespoons chopped fresh cilantro leaves
1/4 teaspoon chili powder

1. Mix all ingredients together in a bowl.

2. Place the mixture in a medium size non-stick skillet and cook over medium heat until the peanuts are toasty, 5 minutes, shaking skillet often.

3. Cool the peanuts to room temperature and store in an air tight container.

SOUTH ASIA



Spices of Life

Curry
Saffron
Garlic
Cloves
Ginger
Cardamon
Basil
Cinnamon
Cumin
Mace
Mustard Seeds
Anise
Turmeric
Coriander
Cilantro
Black Mustard
Fennel
Tamarind
Mint
Nutmeg
Cloves
Dill
Chilies
Sesame Seeds
Fenugreek

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Cafeteria Recipe

Calcutta Chicken w/Rice

Ingredients	Amounts
Chicken, cooked, diced	12 lbs, 8 oz
Margarine	1 lb
Flour, all purpose	2 lbs, 8 oz
Chicken stock	10 qt
Salt	2 Tbsp
Pepper	1 tsp
Curry powder	2 oz
Rice, converted	10 lbs

Directions

1. Melt margarine. Add flour and stir until smooth. Cook 5 minutes.
2. Add stock gradually, stirring constantly with wire whip. Cook until thickened.
3. Add salt, pepper and curry powder.
4. Add chicken and stir gently.
5. Cook rice according to directions.
6. Serve Calcutta Chicken over rice.

Yield: 100 servings

Meal pattern: 3/4 cup provides 2 oz serving meat/meat alternate; ½ cup rice provides 1 serving grains/breads

Nutritional Analysis: *345 calories, 20.3g protein, 46g carbohydrate, 8 g fat, 3.4g saturated fat, 743mg sodium, 34 RE vitamin A, .06mg vitamin C, 26.4mg calcium, 3.3mg iron, 1.9g fiber*

SOUTH ASIA

Cafeteria Recipe

Chapatis
(Flat Bread)

Ingredients	Amounts
Pita bread (purchased)	100 servings

Directions

1. Cut rounds in half.
2. Heat thoroughly.
3. Serve warm.

Yield: 100 servings

Meal pattern: 1 oz round (two halves) provides 1 serving grains/breads

Nutritional Analysis: *104 calories, 3.5g protein, 21g carbohydrate, .5g fat, .06g saturated fat, 203mg sodium, 0 IU vitamin A, 0mg vitamin C, 32.7mg calcium, .5mg iron, .8g fiber*

CAFETERIA MENUS

Indian Lunch

Calcutta Chicken
w/ Rice
Green Beans
Chapatis (Flat Bread)
Fresh Fruit

Indian Breakfast

Alebele (Pancakes)
Apricots or Bananas
or
Choice of Juice

Milk choices offered in each menu

Cafeteria Recipe

Alebele
(Pancakes with Coconut Filling)

Ingredients	Amounts
USDA Recipe B-13 Pancakes	(for 100 servings)
Coconut	2 cups
Brown sugar	2 cups

Directions

1. Prepare pancakes by recipe instructions.
2. Combine sugar and coconut.
3. To serve, top each pancake with 2 tsp of coconut mixture and roll up. May be served with dark syrup or molasses.

Yield: 100 serving

Meal pattern: 1 pancake provides 1 serving grains/breads.

Nutritional Analysis: *152 calories, 3.3g protein, 21.1g carbohydrate, 6g fat, 1.5g saturated fat, 168mg sodium, 10 RE vitamin A, .01mg vitamin C, 10.7mg calcium, 1.mg iron, .56g fiber*

AUSTRALIA & OCEANIA

Classroom Ideas

Decorate the classroom with boomerangs, eucalyptus, sheepskins, bush hats, pictures of Aborigines, and stuffed animals native of the region (koala bear, kangaroo, crocodile, Tasmanian devil).

Conduct a boomerang toss. Use a frisbee if a boomerang isn't available, or cut out shapes of boomerangs.

Have a kangaroo jumping contest. Try the standing broad jump and the running long jump.

Research similarities and differences of cricket, Australian football, rugby, soccer, golf, and tennis. Play a game!

Write a bush ballad (a story set to music about life in the bush - the countryside).

Do bark or rock painting with Aboriginal designs. For bark painting, use crumpled grocery bags. (Do not use bark from live trees.) Draw a black line design on the paper, fill in with colored chalk, and lightly paint with brown tempera.

Create an Australian zoo with pictures, descriptions, and models of native animals.

Locate the islands of Oceania. Why are these islands grouped together? What are the meanings of Melanesia, Micronesia, and Polynesia?

Make natural paints from berries, charcoal, tea, etc.

AUSTRALIA & OCEANIA

Australia
Fiji
Kiribati
Nauru
New Zealand
Papua New Guinea
Solomon Islands
Tonga
Tuvalu
Vanuatu
Western Samoa

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AUSTRALIA & OCEANIA

Classroom Ideas

- Create a comic strip complete with "Aussie" phrases, animals, and characters.
- Make a diorama (miniature model) of the Coral Reef.
- Write a myth about something in nature. (Aborigines develop myths to explain nature.)
- Make a list of natural objects valuable to Aborigines (feathers, rocks, plants, etc.). Conduct a scavenger hunt. How many objects were found?

Nutrition Ideas

- Have an Australian tasting party: grilled beef, lamb/mutton, poultry, or pork, and boiled potatoes. (Australians enjoy "meat and potato" meals.)
- Offer a seafood buffet. Serve tasting size portions of lobster, crab, tuna, and other fish and seafood of the region.
- Simulate a ground oven (the preferred method of cooking) by digging a hole, or using a portable grill lined with charcoal. Wrap bananas, sweet potatoes, or fish in aluminum foil and cook.
- Cut kiwi fruit in half and eat with a spoon.

POINTS OF INTEREST

Cuisines of this region have diverse influences -- Polynesian in Fiji and English in Australia and New Zealand. The Australian long sunny summers provide a perfect time for foods cooked on the ***barby*** *(grill). In Fiji and New Zealand, celebrations feature the outdoor* ***haangi****, where foods are slow roasted in pits. Australians and New Zealanders also enjoy the English custom of tea and scones.*

AUSTRALIA & OCEANIA

Nutrition Ideas

- Compare the nutritive value of kiwi to other native fruits, such as bananas, pineapple, and coconut.
- Compare palm and tropical oils to other oils. What do you notice?
- Recommend ways that New Zealanders could moderate the amount of fat in their diets. (New Zealanders are said to eat more butter and meat per person than people in any other country.)

Party Ideas

Australian ANZAC Day

* Stage an ANZAC festival (an outdoor festival similar to Veteran's Day).
* Have a parade with trumpet salutes and invite uniformed veterans to participate.
* Play kickball or soccer.
* Take a bushwalk (hike).
* Conduct a scavenger hunt on your bushwalk.
* Serve personal pasties and tea.

Classroom Recipe

Personal Pasties

½ pound lean ground beef
1 carrot, finely chopped
1 onion, finely chopped
1 potato, finely chopped
salt and pepper to taste
1 can refrigerator biscuits

1. Brown ground beef in skillet. Drain fat.
2. Add carrots, onion, potato, salt, and pepper. Cook for about 10 minutes, adding a little water if needed.
3. Place a teaspoon of mixture on one half of a flattened biscuit.
4. Fold unfilled side of biscuit over filled side.
5. Seal edges with fork. Cut vents into top.
6. Bake at 350 F about 10 to 12 minutes or until golden brown.
7. Serve hot with catsup.

Makes 10 servings.

AUSTRALIA & OCEANIA

Classroom Recipe

Polynesian Boats

1/4 cup unsweetened grated coconut
1 ripe pineapple
2 bananas, sliced
1 cup strawberries, sliced
1 mango, peeled, pitted, and diced
juice of 1 lime

1. Slice pineapple in half lengthwise.
2. Cut out fruit, leaving 2 shells.
3. Remove pineapple core and dice fruit.
4. Toss fruits with coconut, in a large bowl.
5. Drizzle with lime juice and place in pineapple shells to serve.

Makes 12 servings.

Party Ideas

Oceania Islanders Luau or Traditional Feast

* Wear traditional dress (girls wear muumuus, boys wear cloth skirts of brightly colored floral prints or grass skirts and shorts), leis, and floral headpieces.
* Make "carved wooden masks" out of paper bags and cardboard. Add details with feathers, flowers, sea-shells, and other colorful ornaments.
* Dance the hula.
* Play volleyball.
* Invite a local high school majorette or dance instructor to demonstrate fire twirling.
* Serve fresh fruits and vegetables native to the region.

AUSTRALIA & OCEANIA

Australia

Classroom Recipe

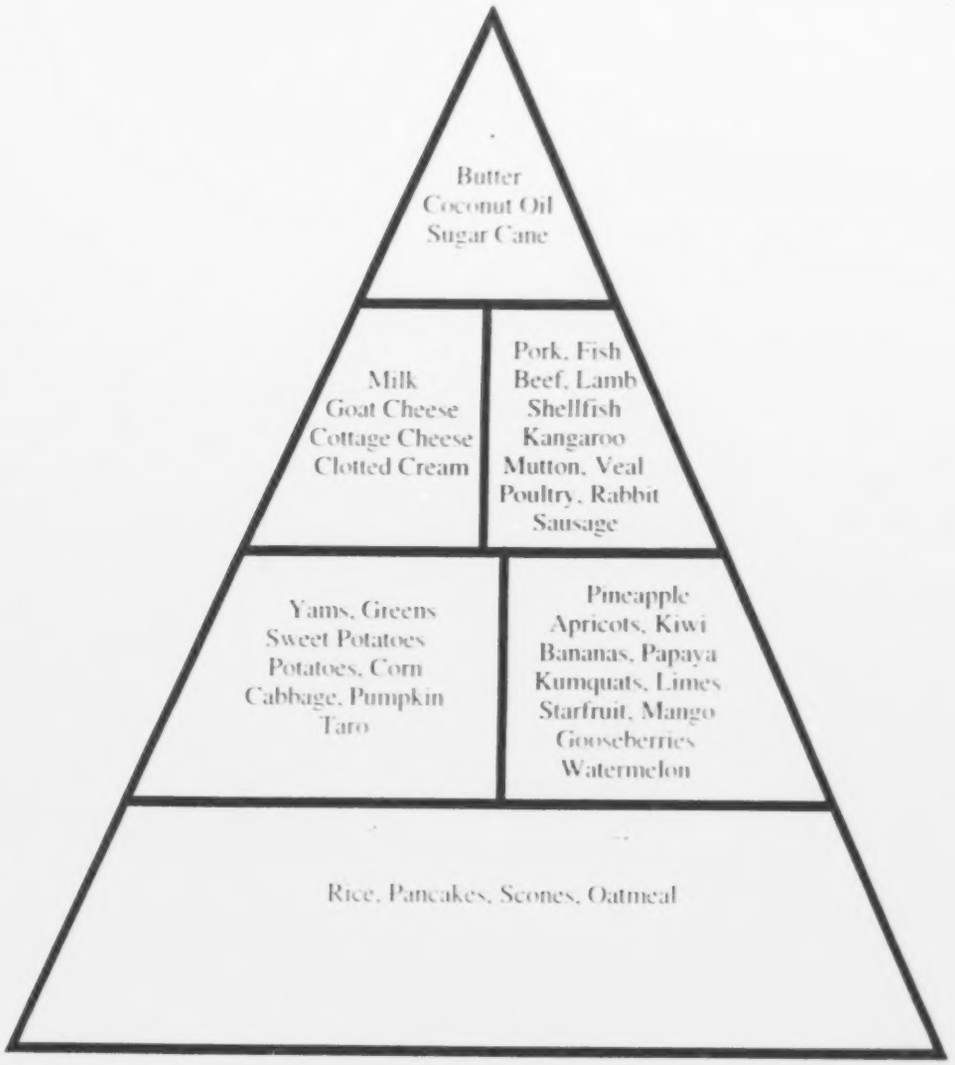
Toad In The Hole

1 biscuit mix (12 biscuits)
3 cups cubed, cooked meat (chicken or ground beef)
parsley
salt
pepper

1. Prepare biscuit mix as package directs; set aside.
2. Place meat in greased 9x9 inch baking dish.
3. Sprinkle with parsley, salt, and pepper to taste.
4. Spread biscuit dough over meat.
5. Bake at 375 F for 30 to 40 minutes or until golden brown.
6. Serve hot or cold with catsup.

Makes 9 servings.

AUSTRALIA & OCEANIA



Spices of Life

Ginger
Parsley
Salt
Pepper
Lemon
Bay Leaves
Lemon Grass
Peppers
Turmeric
Garlic

AUSTRALIA & OCEANIA

Cafeteria Recipe

Mock Kangaroo Soup

Ingredients	Amounts
Cubed beef	7 No. 2 ½ cans
Barley	6 cups
Beef broth	6 gal
Bay leaves	4
Onion, chopped	2 lbs
Celery, sliced	4 lbs
Pepper	1 Tbsp

Directions

1. Bring all ingredients to a boil. Reduce heat and simmer for 1 hour.
2. Remove bay leaves and serve.

Yield: 100 servings

Meal pattern: 1 cup provides 1 serving meat/meat alternate

Nutritional Analysis: 156 calories, 13.3g protein, 11.2g carbohydrate, 6.1g fat, 2.7g saturated fat, 1122mg sodium, 5 RE vitamin A, 1.4mg vitamin C, 18mg calcium, 1.5mg iron, 2.3g fiber

POINTS OF INTEREST

When traveling "down under," observe a group of care-free ***swagmen*** *(tramping bushmen) camped along-side the* ***billabong*** *(lagoon) cooking a favorite dish, kangaroo soup in their* ***billys*** *(kettle).*

AUSTRALIA & OCEANIA

Cafeteria Recipe

Toad In The Hole

Ingredients	Amounts
Eggs	14
Nonfat reconstituted dry milk	2 gal
All purpose flour	2 lbs
Baking powder	2 tsp
Chicken, cooked, diced	12 lbs, 8 oz
Parsley, dried	3 cups
Salt	1 Tbsp
Pepper	2 Tbsp

Directions

1. Mix together flour and baking powder, add milk and eggs.
2. Cover the bottom of 4 10x20x4 baking pans with chicken. Sprinkle with parsley, salt, and pepper.
3. Cover with batter and smooth evenly.
4. Bake at 350 F in convection oven until puffed and golden brown (about 30 minutes).
5. Cut each pan 5x5. Serve with catsup.

Yield: 100 servings

Meal pattern: 1 portion provides 2 oz serving meat/meat alternate

Nutritional Analysis: *173 calories, 20g protein, 11g carbohydrate, 4.7g fat, 1.3g saturated fat, 168mg sodium, 38 RE vitamin A, .28mg vitamin C, 13.7mg calcium, 1.3mg iron, .29g fiber*

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CAFETERIA MENUS

Australian Lunch

Mock Kangaroo Soup
Outback Burger on Wheat Bun
Spuds
Fresh Fruit Salad

New Zealand Lunch

Toad in the Hole
**Kumaora* and Apple Casserole
Green Beans
Wheat Rolls
Fresh Kiwi
Pumpkin Cake

Polynesian Lunch

*Sweet & Sour Pork
Sweet Potatoes
Corn
Bread
Chilled Ambrosia

Milk choices offered in each menu

***USDA School Recipes**

Sweet Potato and Apple Casserole I-7
Sweet and Sour Pork D-36

AUSTRALIA & OCEANIA

POINTS OF INTEREST

***Kiwi** was originally grown in China. Planted in New Zealand in the 1940's, its name comes from the **kiwi bird**, the national bird of this country. It may be that the hair-like fuzz on the fruit resembles the bird's coat.*

Cafeteria Recipe

Pumpkin Cake

Ingredients	Amounts
Sugar	3 lbs
Margarine	1 lb
Salt	1 Tbsp
Canned solid pack pumpkin	4 lbs
Eggs	12
Milk	1 qt, 1 cup
All purpose flour	3 lbs, 2 oz
Baking powder	1 Tbsp
Baking soda	1 Tbsp
Cinnamon	1 Tbsp, 1 tsp
Nutmeg	1 Tbsp, 1 tsp

Directions

1. In a mixing bowl, using a paddle attachment, cream sugar, margarine and salt for 10 minutes, medium speed.
2. Add pumpkin and mix 2 minutes. Scrape down sides of bowl.
3. Slowly add eggs. Scrape down sides of bowl.
4. Slowly add milk. Scrape down sides of bowl.
5. In a seperate bowl mix flour, baking powder, baking soda, cinnamon and nutmeg. Add to sugar mixture. Mix at low speed 1 minute.
6. Dip 3 qts, 3 1/4 cups into each of two greased and floured 18x26x1 sheet pans. Bake in convection oven at 325F for 30-35 minutes or 350F in a conventional oven for 35-40 minutes. Cut each cake 5x10 to make 50 servings.

Yield: 100 servings

***Nutritional Analysis:** 153 calories, 3g protein, 30g carbohydrate, 2.8g fat, .6g saturated fat, 210mg sodium, 4218 IU vitamin A, 1mg vitamin C, 39mg calcium, 1.1mg iron, 0g fiber*

AUSTRALIA & OCEANIA

Cafeteria Recipe

Chilled Ambrosia

Ingredients	Amounts
Fresh oranges, peeled, diced	10 lbs
Bananas, sliced	6 lbs
Seedless grapes	4 lbs
Coconut, flaked	12 oz
Lemon juice	1 cup

Directions

1. Sprinkle bananas with lemon juice to prevent darkening. Drain.

2. Combine all fruits with coconut. Chill.

Yield: 100 servings

Meal pattern: ½ cup provides 1 serving fruit

Nutritional Analysis: *59 calories, .71g protein, 12.8g carbohydrate, 1.3g fat, 1g saturated fat, 9mg sodium, 19 RE vitamin A, 20mg vitamin C, 17.2mg calcium, .2mg iron, 1.5g fiber*

Times to Celebrate

- ★ November - (first Tuesday) - Melbourne Cup
- ★ January 26 - Australia Day
- ★ February 6 - New Zealand Day
- ★ April 25 - ANZAC Day

APPENDIX

West Virginia School Nutrition Standards

Schools are responsible for providing opportunities to learn healthy lifestyles, including good nutrition. Students learn these "lessons" not only from teachers and textbooks, but also from their **experiences** at school. These include experiences with foods that are sold as snacks and served at lunch, breakfast and parties.

Schools that offer nutritious foods encourage students to make healthy choices. To help identify these foods, nutrition standards have been established for all foods sold and served during the school day*. The recipes in this booklet meet these standards. To decide whether other foods or recipes may be served at school, ask these questions:

1. Is the food candy, soft drinks**, chewing gum or flavored ice bars (popsicles)?
2. Does it contain more the 39% sugar by weight?
3. Does it contain more than 8 grams of fat per ounce?***
4. Is it a fruit drink with less than 20% real juice?

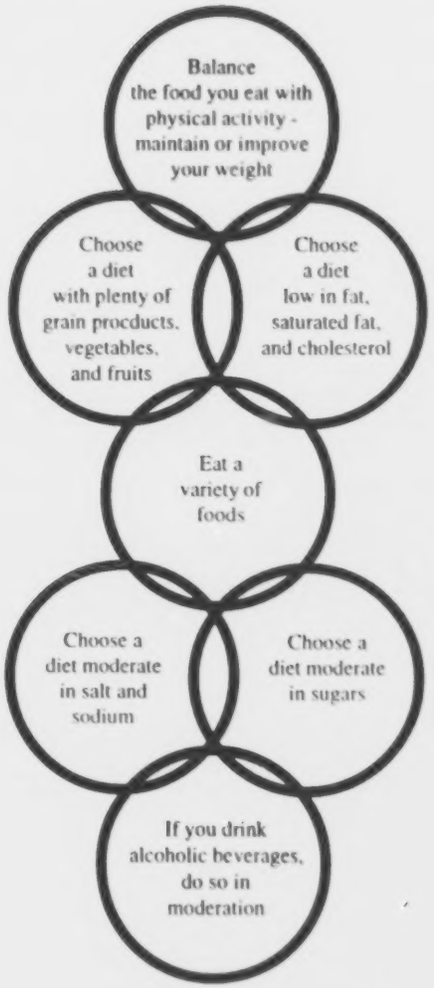
If the answer is YES to any of these questions, the food should not be served during the school day. (Hint: The new food label will help you answer these questions. See a sample in the Appendix.)

* West Virginia State Board of Education Policy 4321.1, *Standards for School Nutrition*

** County boards of education may permit the sale of soft drinks in **high schools** except during meal periods.

*** Foods that are approved school lunch items are not required to meet this standard. Check with the cafeteria manager or food service director to be sure.

APPENDIX


Balance the food you eat with physical activity - maintain or improve your weight
Choose a diet with plenty of grain products, vegetables, and fruits
Choose a diet low in fat, saturated fat, and cholesterol
Eat a variety of foods
Choose a diet moderate in salt and sodium
Choose a diet moderate in sugars
If you drink alcoholic beverages, do so in moderation

Dietary Guidelines for Americans

Eat a variety of foods.

Balance the food you eat with physical activity - maintain or improve your weight.

Choose a diet with plenty of grain prodlucts, vegetables and fruits.

Choose a diet low in fat, saturated fat and cholesterol.

Choose a diet moderate in salt and sodium.

If you drink alcholic beverages, do so in moderation.

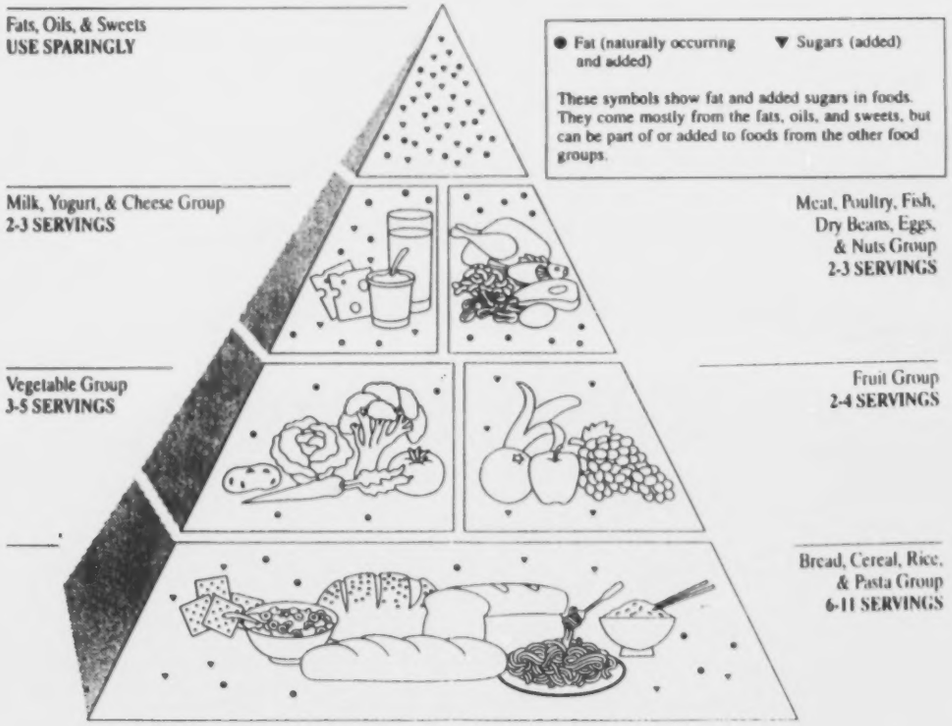
Fourth Edition, 1995
U.S. Department of Agriculture
U.S. Department of Health and Human Services

For single or multiple copies of *Nutrition and Your Health: Dietary Guidelines for Americans,* Fourth Edition, 1995, send your name, address and with 50 cents per copy to: Consumer Information Center, Department 378-C, Pueblo, CO 81009. Make checks payable to "Superintendent of Documents."

APPENDIX

Food Guide Pyramid

A Guide to Daily Food Choices


Fats, Oils, & Sweets
USE SPARINGLY
● Fat (naturally occurring and added)
▼ Sugars (added)
These symbols show fat and added sugars in foods. They come mostly from the fats, oils, and sweets, but can be part of or added to foods from the other food groups.
Milk, Yogurt, & Cheese Group
2-3 SERVINGS
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS
Vegetable Group
3-5 SERVINGS
Fruit Group
2-4 SERVINGS
Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS

Source: United State Department of Agriculture, Human Information Service, 1992.

For a copy of the *Food Gude Pyramid* booklet, send a check or money order for $1.00, payable to the Superintendent of Documents to: Consumer information Center, Department 159-Y, Pueblo, CO 81009.

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APPENDIX

Need Answers?

American Diabetes Association
CALL TOLL FREE: 1-800-ADA-DISC
Answers questions about diabetes, related to risk factors, symptoms, etc.

American Dietetic Association
216 W. Jackson Blvd. Suite 800, Chicago, IL 60606
CALL TOLL FREE: 1-800-366-1655
Registered dietitians answer nutrition questions.

American School Food Association
1600 Duke St. 7th Floor, Alexandria, VA 22314
CALL TOLL FREE: 1-800-877-8822
Offers catalog of nutrition and school meal resources and materials.

Bulemia Anorexia Self-Help
CALL TOLL FREE: 1-800-227-4785
(24-Hour Crisis Line) 1-800-762-3334
Provides information regarding eating disorders and related problems.

Consumer Information Center
P.O. Box 100, Pueblo, CO 81002
Provides catalog of free and low-cost federal publications of consumer interest, including topics on food and nutrition.

APPENDIX

Need Answers?

Food and Nutrition Information Center
National Agriculture Library, 10301 Beltsville, MD 20705
CALL (301) 504-5719

Will research nutrition questions and lend nutrition books and articles to selected agencies.

National Council on Alcoholism
CALL TOLL FREE: 1-800-NCA-CALL

Provides facts and referrals on alcohol-related problems (24 hours, seven days a week).

Office of Disease Prevention and Health Promotion
National Health Information Center
CALL TOLL FREE: 1-800-336-4797

Directs consumers to national organizations and/or government agencies that can provide information on specific health problems.

Penn State Nutrition Center
417E Calder Way, University Park, PA 16801
CALL (814) 865-6323

Will answer your nutrition questions and provide materials.

Superintendent of Documents, U.S. Government Printing Office
Washington, D.C. 20402
CALL (202) 783-3238

Offers government produced materials, including nutrition pamphlets.

APPENDIX

Need Answers?

USDA's Meat and Poultry Hotline
CALL TOLL FREE: 1-800-535-4555

Answers questions on proper handling, labeling and safety of meat and poultry.

U.S. Food and Drug Administration
Center for Food Safety and Applied Nutrition
5600 Fishers Lane, HFE-88, Rockville, MD 20857
CALL TOLL FREE: 1-800-332-4010

Provides information on food safety, diet supplements, additives, food labeling, technology, etc.

West Virginia Department of Education
Office of Child Nutrition; Building 6, Room 248;
1900 Kanawha Blvd. East; Charleston, WV 25305-0330
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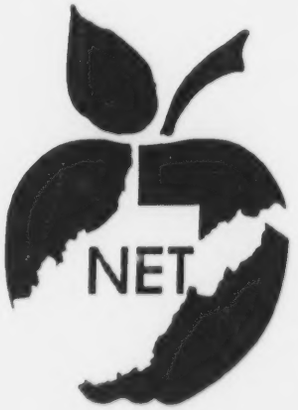
APPENDIX



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Henry Marockie
State Superintendent of Schools
West Virginia Department of Education